



Harmonious Earth

EBook



What is Harmonious Earth?

Harmonious Earth is a new story of humanity where we follow our highest joy, wake up and live in harmony with each other, with nature, and share all Earth's resources.

Our purpose is to provide a basic structure that will unify us and at the same time provide the freedom to co-create the lives we prefer. There are 4 main sections:

1. Social Structure — Relating With Each Other
2. Government — Common Values — Economy
3. Laws of Creation — The Game of Physical Reality
4. Plan for Shifting to a Harmonious Earth

We are our story. We experience what we believe in and what we put out we get back.

Knowing this is our motivation to change our beliefs and take action on a story we prefer... one with a happy ending.

By: [Kirk Nielsen](#)

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[Get Involved](#)

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Section 1

Social Structure — Relating With Each Other

Purpose of Unifying — Purpose of Community — Purpose of Life

The Purpose of Unifying and Taking Action

A Harmonious Earth is unified, shares common values, shares resources, works together, has formed communities and networks that include all people, is set up for its inhabitants to live their highest joy, play together, have fun, love each other unconditionally and much more.

[“If you want to see change in the world, you must be that change.”](#)



To shift to a different reality you must [change your belief](#) and then [behave as if](#) you really believe it. If your actions do not match your thoughts and words, then you have not really changed. The reason we are physically unifying and physically living the values of harmony that we say we believe in is so we will physically experience that reality.

There is nothing stopping us from experiencing a harmonious Earth but our own self-imposed limitations. If we move from our compartmentalized lives and separate houses that isolate us, to integrated lives and communities that bring us together, we will transform the reality of our dreams into the reality we actually experience.

The Purpose of Community

The purpose of unifying and joining together in community is to reflect to each other what needs to be understood to be more of ourselves as a collective.

As a society we are moving away from being mostly focused on individualism to having a [balanced relationship between our individual selves and our group selves](#). The new perspective contains the realization that you are the reality that you previously thought you existed in. It is understood that both your individual self and your collective self make up who you are. The two parts are no longer seen as separated and it is realized that you are [consciousness](#) and everything in your reality is taking place inside of your consciousness. In this new paradigm what benefits your community is as important as what benefits you, because your community is in you and just an expanded perspective



of you.

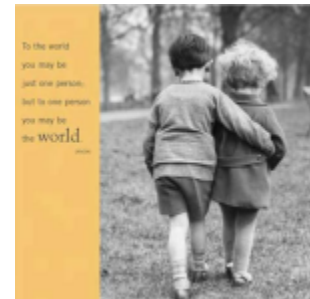
We have reached the limits of our expansion acting as separate individuals. We have played out all the scenarios in many lives and come to the point where we will grow more by unifying as a community than maintaining segregated lives. We realize that working together with each other is not only essential to our survival as humans, but the survival of the entire planet.

The Purpose of Life

Your purpose and mission is to be you as fully as you can, and the way to be the most you that you can be is to act on your highest excitement each moment to the best of your ability without any insistence of the outcome. You are unique. This is the only time you will ever be this you, so take advantage of this moment and be the most you that you can be. Trust that “life works” naturally on its own and have fun living it. A Harmonious Earth is you being your truest self. It is living your highest joy, excitement and love. This is of utmost importance because the energy of excitement is your physical body’s representation of your true natural self. Following your excitement is the path to being more of who you naturally are, a path to the new world of the love you desire, and a path of ascension.

By Unifying With Others You Can Change the World

We have chosen the name Harmonious “Earth” because we desire to experience the entire Earth as Harmonious. We are not calling it harmonious me, harmonious city, or harmonious special interest group. It is about the entire Earth living in harmony.



The belief that you are just one person on a planet of billions and what you do does not make a difference to the overall collective of mankind or the environment is what has gotten us into the downward spiraling position we are in. This is one of the first beliefs that must be changed to make real progress towards a healthy planet and a harmonious Society.

The way you [change the world is by changing yourself](#). You will never change the world you are on, you change yourself and then shift to a world that is more representative of the world you prefer. The world is not outside of you, it is in you. You are the experience you are having itself.

[You make a difference](#). You are the only one who can make a difference, because you are your own universe. Everything that you are experiencing in [your reality is made of your own energy](#) and the same is true for everyone else.

You have all the impact you will ever have. You cannot have more impact, because you are holographic in nature and All That Is is contained in you and expressed through you. The change that seems to occur is becoming more aware of the impact you already

have.

You are all of what you experience in your reality. If you desire a harmonious Earth then you must take responsibility for all the parts of it and create it. The society you are experiencing is not outside you, it is in you. It is your Earth and you populate it with the type of people that you believe are in it. The people, the environment, and the Earth around you, are all a reflection of your strongest beliefs. The separate distinctions are placed there by you. You give everything its meaning. If you are reading this then the game you are playing is the same as many others who are unifying. The game is to put the puzzle pieces back together that you have broken apart and you do that by literally coming together in community with all your different parts – and of course all the others you are joining with are doing the same.

Working Together to Provide Basic Needs

To [prosper and live abundantly](#) we need a place to sleep, food to eat, fellow beings that love us, and the opportunity to share our passion and joy. It's simple. It's been done for thousands of years in the indigenous cultures. Fear of not being able to pay the rent, buy food, or provide the basics of life leads to working at jobs that makes us feel like slaves. There is no reason anyone has to live in any kind of pain or suffering. We can work together to provide for the needs of everyone in a joyous way. We have the resources and can do it if we simply shift from a segregative perspective to an integrative perspective.



Providing for our needs can be done very efficiently with minimum effort by working together as an integrated group and utilizing the best ideas and technologies such as high efficiency sustainable modular living quarters, aeroponic gardening, and free energy. There is no lack in an abundant perspective. Nothing is left out of the complete package of excitement.

Living your joy and following your excitement by definition include everything it takes to provide for your basic needs such as shelter, food, water and power. These things are part of the excitement package. If we do not have them we are not living our joy and it would become our top excitement to produce them.



When we say we are excited to provide for the basic needs of humanity, we are not saying that anyone is limited to just having their basic needs met. On the contrary, everyone is encouraged to be fully expressed in all the ways they can possibly be. Working together as a group to make sure basic needs are met provides society with a foundation that allows the focus to be

on [everyone living their highest joy](#) rather than a place to sleep and food to eat.
Everyone is born with this right and we can do by simply shifting our perspective.

Doing What Works Best For Yourself and For the Group

The Benefit of the One and the All

Acting holistically and harmoniously takes into account what is most exciting for the individual and also what works best for all concerned, because we know the One is the All and the All are the One and that the consequences of our choices serve both the whole and ourselves. Though minds may be different, though body forms may be different, it is through the heart that we recognize our spirits are one. [The One is the All and the All are the One.](#)

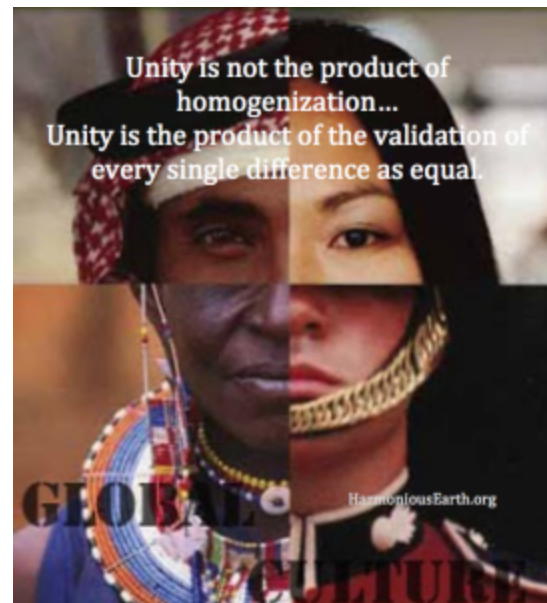


Being the most you that you can be is your life purpose and the way you be the most you is to [follow your excitement](#). Following your excitement is the way you offer the most to the group, but you do it with a holistic approach that takes into account what is exciting not only for you, but for what is exciting for all involved.

[We are all essential and unique pieces in a puzzle picture](#) and by being our true selves we support the whole. Each individual is as creative and fully expressed as he can be without having to hurt or take away from anyone else in the process. This creates joyous and productive individuals and a strong cohesive society. Everyone unconditionally loves each other and his or herself.

Validation of Every Individual

Harmony and unity are not the products of homogenization... Unity is the product of the validation of every single difference; it is seeing all differences as equal. Everything in our society will be automatically synchroness when we allow the creation of unity to come from validating every individual being themselves.



"The agreement to the common value that each individual perspective is valid will create the unity we seek."

Each individual experiences what he defines himself to be. Agreements between individuals to certain definitions or [common values create a collective world experience](#). Our definitions create a collective experience as well as an individual experience. The idea is to be aware of this and act like we know that we are not “in” a reality, but that we “are” our reality, so we take responsibility for the whole thing individually and collectively and every other being does the same. The people who end up in our reality are the ones who naturally belong there based on our frequency, which is derived from our strongest beliefs or common values.

We realize that each person is a unique individual part of the whole and at the same time each person is the whole. Again, the One is the All and All are the One. There is no “outside.” Each of us is All That Is experiencing itself as a unique aspect. Everyone experiences himself or herself as the whole, just as in a holograph where each of the parts contains the whole.



The Groups Excitement is My Excitement

When you live in harmonious community you take part not only in following your own personal excitement, but also providing for the needs of the community, because you realize you are the community and the welfare of the community is as exciting as your own personal interests.

You begin to see, think, and behave as “the whole” and not just as an individual. You see everyone's interests as yours even when they may not be your preference at the moment. On some level what those around you are expressing is a part of you, because you can only experience your own energy. Everything in existence belongs where it is or it would not exist. It is all a part of All that Is and All that Is is You, so you love it, accept it, knowing it belongs and is essential. If it is not your preference in the “now” you are experiencing you can choose to neutrally observe it without having to becoming the frequency of it.

If things are not happening the way you prefer, it may be because you are taking too much of an individual perspective and shifting to more of a group perspective will get things back on track. The realization that what you prefer to happen may not be a broad enough perspective to benefit of the whole and that you may need to widen that perspective may resolve the issue. The situation is telling you that an adjustment needs to be made. You know and trust that what is happening is exactly what needs to happen for your good and the good of all involved and so you are open to learn what the situation is teaching you and you happily make any needed adjustments. The whole experience is completely positive because you have adopted the definition that you give everything in life a positive meaning and your higher self always has not only your own

personal best interest at heart but the whole group as well.

Living harmoniously is not new to us. As indigenous people and native tribes we have been doing it for millennia. It's time to combine what we have learned from living as individuals with what we know of living together as a group and experience the joy of balancing the two.

Being Fully Expressed and Sharing Your Gifts and Talents

Qualities of Individuals Living Harmoniously

A [Harmonious Earth](#) is an Earth of joy, excitement, unconditional love, full expression, living together in holistic unity and each individual [sharing his or her unique gifts](#). You are just as excited for others to follow their excitement as you are about following yours. Taking part means you are excited to detach from [limiting definitions](#) that do not serve you, to love unconditionally, and to live life as guided by your higher self. You are excited to let go of not being enough, filling the lack inside you with things outside of you, living in fear, and being under the illusion of [polarity](#).



You are excited to [shift from this 3rd density reality to 4th density reality](#) which is a very different paradigm. The qualities necessary to make the shift are: Strong Desire and willingness, Dedication to let go of and Detach from Definitions and beliefs that are not in alignment with a 4th density reality and integrate new beliefs that are in alignment with it. We call these the four D's...

The Four D's

- Desire (Willingness, Openness, Passion) to be the most you that you can be.
- Definitions (Beliefs that do not serve you) of limitation replaced with empowering integrated definitions.
- Dedication (Determination, Conviction) to be the most you that you can be.
- Detachment (Let go, Shift, Transform) from limiting definitions.

An easy way to remember the four D's is to memorize this mantra, "I'm desirous and dedicated to detach from definitions that do not serve me."

Being Fully Expressed and Sharing Your Gift

Being your most fully expressed self and sharing your innate gifts and talents is a core value of each member of Harmonious Earth and essential for the group to successfully be all it can be. The group is the sum of its individuals and the more each individual adds, the more the group is. [To be united is not about](#)



[making everyone the same](#), it is about encouraging everyone's differences to be

expressed, so that the group is enhanced as a whole.

What Happens When You Don't Share Your Gift

By being a part of a Harmonious Earth you are supported and free to share your gift and speak without fear of retribution or being ostracized for your honesty. Individual differences and non-conformity are celebrated. The way to really fit in is to find your gift and fully express it. If you don't express yourself and give your gift, you will not be of the same frequency as those who do and it will likely become uncomfortable to the point where you choose to attract yourself to others with whom your frequency is more aligned. Remember, the very foundation of community is the [agreement to its common values](#) which are a certain frequency. If it is not your preference to live the values then synchronicities will occur that attract you to those that are more aligned with your vibration.

Finding Your Innate Gift by Letting Go of the Comforts That Cover It

The Harmonious Earth idea of individuals sharing their gifts and talents is similar to the way it is done in many indigenous and native cultures, where each individual is celebrated for his or her innate talents and [he or she is excited to share](#) them for the benefit of the whole group.



To access and share your innate gifts, your chakras must be open and you need to know who you truly are. When an individual is not connected to Source and his chakras are blocked, he may not know what his place is in the group, or what his contribution, gift, or talent is. There are ways to uncover an individual's core gifts. One way is removing the comforts that numb the senses and exposing oneself to nature. It has proven to be a very effective tool in waking a person up to his connection to Source. Indigenous tribes would do this as initiations when a young man or woman came of age to take his or her place as an adult member of the tribe.

In the Native American cultures an individual would “go to the hill” with no food or water and just a blanket to protect himself and stay for four days encircled in his (or her) prayers and the prayers of his tribe to receive his *medicine*. If the individual is humble and sincere about offering his gifts for the benefit of the community and carries this attitude over into his daily life, if he takes action in this way, and expresses gratitude and love in the sacred way that is his own, then he will eventually receive the great reward in some form of medicine power (innate gift).

In the [new economy](#) that we are moving to, the value of a person are their talents and gifts rather than the assets they own, positions of power they have, or what they control.

Personal Practice

A regular personal practice is essential to transform fear-based beliefs into positive ones. We have to be very diligent if we are to shift our embedded beliefs.

The past is created from the present. A strong resistance to change comes from believing in linear time. We experience ourselves as having a past that makes things appear unchangeable because we think the past is who we are. We must learn that we are not our past and are a new reality every moment.



It is not enough to have information in your brain about a way you'd like to be. You have to live it to be it. When you learn something new or expand your consciousness and experience yourself as a different frequency, you then know that frequency, but if you continue to go about your life in the same manner as you had been without integrating and becoming the new frequency, then you haven't adopted it and it has become irrelevant to you. Only if you take a new idea, apply it in your life, and make it who you define yourself to be does it have value to you. It's not about getting information into your physical mind; it's about becoming and living the vibration of the information. Information in and of itself has no value if not applied.

A regular personal practice is greatly aided by living in community with other people who are of a similar vibration, because their example constantly reminds you of the vibration that your preferred reality is.

Unconditional Love

What is Love?

Love is what you are. [Love exists](#). Love is not outside of you. Love is a state of being. Love is complete self-worth and creativity. Love is unconditional.



You can't get love from another person. Another person can reflect love to you, but in that case it is still your own love that you are experiencing. After all, nothing is outside of you and you can only experience yourself. Everything you do is an act of love. Expansion and ascension are merely remembering how to be in love with All That Is, remembering how to be in love with you. Choose love. Choose to be "in" love with yourself, your other selves, the entire world, the multiverse, and everything that is.

The True Meaning of Unconditional Love

To be unconditionally loving is to love without putting *any* conditions or limitations on others. When people use the phrase "unconditional love" they often assume that it means that a person is willing to do "anything" for another. Doing things for others that are not your excitement is not what unconditional love means.

Unconditional love is about doing what would be most loving for all involved, which includes you. It may seem loving to do what others prefer at the exclusion of what you prefer, but it really is not, because you are leaving your own self love out of the equation. If the scenario includes a larger group then it is about what would be most loving for the entire group. True love is holistic, inclusive, and not compartmentalized. It does not leave out one individual's excitement in favor of another. True unconditional love takes into account the [good of the whole as well as the good of the individual](#). Unconditional love is the harmonization of what is most loving for yourself, all other individuals, and all factors that are affected.

Unconditional love is allowing others to be what they choose to be while you are what you choose to be. It's about free will and consideration of all involved. It is not giving up your own excitement to please another. Sacrifice is not love. The greatest assistance you can give to others is to love yourself and really behave like it. Complete self love is essential in order for you to reflect to others that they can love themselves in the same way and this is also the way to teach true [empowerment](#).

Sacrificing in Exchange For Love Is Learned At An Early Age

The belief that love comes from doing things for others at the expense of what you truly prefer for yourself is often learned in early childhood. A child forms this belief of "self-sacrifice for love" when he sees that the only way to get love from the parent is to do

what what the parent wants him to do even though it is against what he would choose to do. This becomes an ingrained belief and is experienced throughout an entire life if it is not addressed and transformed.

When played out in [adult relationships](#) it begins with two people being so in love that they are willing to “sacrifice” parts of themselves and do anything for each other, but after a while the resentment of not being their fully expressed, true authentic selves grows and they end up despising each other and projecting onto the other their own disappointment and ending the relationship, or continuing to suppress it and living in pain.

All pain is resistance to the natural self. Love is your natural state. All you have to do to experience love is to let go of all your programmed filters about lacking love and just love yourself, because you are love.

Experience More Love By Becoming An Expert at Working With Energetic Frequency

Being excited about the frequencies other people choose to be does not mean you have to be that frequency yourself. This is an important distinction to understand. It is essential to be able to neutrally observe something without agreeing to become the energetic frequency of it. [The only way you can experience anything is by agreeing to match that frequency](#). You will be invisible to frequencies that are not your preference even if someone has negative intentions towards you. If you are still [experiencing reflections that are not your preference](#), it is because you are not yet fully aligned with your preference and those experiences are giving you the opportunity to do so.

“Unconditional love is acceptance and neutrality about what others choose to be without any judgment that what they are doing is wrong.”

You are made of energy. What you put out you get back. Having the life you prefer is all about becoming proficient at working with energetic frequencies. Allow yourself to match the frequencies you prefer and neutrally observe the ones you don't, and allow others to do the same. Choosing to be with others that are of a similar energetic vibration is the most loving thing you can do for yourself and others. If they are not your frequency, they do not want to be around you any more than you want to be around them. If you stop resisting and go with the flow of who you really are you will attract those who are your vibrational match and your life will be filled with joy!

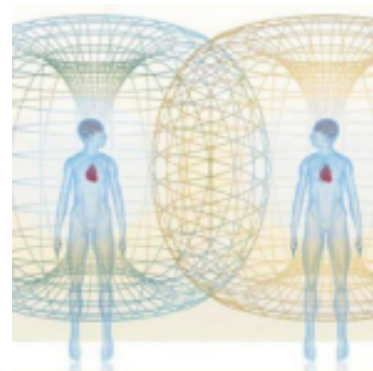
Do What You Love To Do

[Do what you love and follow your joy](#). The feeling of excitement and joy is your true nature. When you live your joy you are loving yourself. Play, be happy, and have fun. Set yourself free to live your joy, be excited, be inspired, experience your bliss, and pursue your passion. Set the child in you free!

Relationships

The Purpose of Relationships

The purpose of all relationships is to reflect to all those involved in the relationship what they need to understand to become more of themselves. To accomplish this each individual in the relationship lives their highest joy and is the most fully expressed version of themselves that he or she can be and is completely excited for all others in the relationship to do the same. [Living your highest joy](#) and being [excited for everyone else to live their highest joy](#) is the way to have unconditionally loving healthy relationships. This means that you would never place any restrictions or [conditions on another individual](#)'s joy or self-expression.



Difference Between 3D and 4D Relationships.

As a civilization we are shifting from our present [3rd Density](#) reality to [4th Density](#). 4th Density relationships are not better than 3rd Density relationships, they are just different and each one is just as valid as the other. They provide very different experiences and if you choose 4th Density then it will be essential for you to integrate and transform your 3rd Density beliefs, because they will not work in 4th Density. You will not be able to operate successfully in 4th Density if you attempt to hold onto 3rd Density beliefs.

3rd Density is a reality based on separation from Source (All That Is, God), segregation from other people, and compartmentalization of yourself into different aspects. 4th Density is based on connection to Source, integration with others, and reintegration of your personal identity that you have broken into different parts. Some of the qualities of 3rd Density relationships are that communication is closed and keeping secrets from yourself and others is justified by the belief that it might hurt them. Compartmentalizing different parts of yourself and your relationships so one does not know what the other is doing is acceptable. You extend your love only if others meet your conditions. You demand that your expectations get met, exert control, manipulate situations, and prevent others from having outside relationships so you will feel safe, secure and not have to deal with your fears that you are worth less if they are with someone else. There is a lack of trust in synchronicity, and you do not believe that what is happening is meant to happen for the good of yourself and the whole.

4th Density relationships are based on integration and expansion. Communication is fully open and completely honest with yourself and with others, because you know that all parties in the relationship are fully self empowered and excited to hear about and integrate any issues that are out of alignment and may be causing pain. Love is unconditional and not withheld to meet needs and conceal fears. Non-conformity, differences, and full self expression are celebrated. You are excited to discover who others truly are and want to experience their desires, gifts, and talents and see them

being shared with others. Everyone in the relationship encourages each other to follow their highest excitement with no expectations, control, manipulation, or needs placed on them. You are open to sex when it comes up, when it is your excitement, and is for the purpose of upliftment, expansion, and there is full transparency, and no manipulation. See the section on [sex](#) for a full discussion.

Monogamy and Other Forms Of Relationships

The premise of Harmonious Earth, which also applies to relationships, is to be open to whatever shows up in each moment, trust that what is happening is meant to happen, and take action based on your highest excitement in that moment, and then do the same in every moment after that for the rest of your life.

If what happens in each new moment is the same person continues to show up and you continue to be attracted to be with that person over and over again until the end of your life, then you can say that you were “monogamous” with that person, but you would not know that until the end, because you would have been open to whatever happens with whoever shows up all along the way.



All forms of relationship are completely valid expressions and one form is in no way any better or worse than any other form of relationship. They are all just different expressions that produce different experiences. Resistance to the form of relationship that you are most attracted to would only cause pain. If you desire to be monogamous, polyamorous, or whatever, then it is important that you live out your beliefs about it and fully express that energy. You must honor the beliefs that you already have. Playing out the energy will teach you what you need to learn from it and if it is really what you prefer. The trick is to be honest about it and never suppress any emotions that come up for fear of losing the relationship. If discomfort or negative emotions arise, use the signals as alerts to find limiting beliefs and transform them into beliefs that are more aligned with who you truly are.

4th Density is a very different paradigm and you have to really desire to experience it and be ready to let go of and integrate anything that is not in alignment with it. Placing any conditions on others is not in alignment with 4th Density energy. Tying your happiness, your identity, or self worth to another person is 3rd Density energy. Continuing to play out relationships in a 3rd Density energetic way is important because you will eventually come to the realization that what you are looking for is found in you and not in another person.

Purpose of Being “In A Relationship As A Couple”

The purpose of coupling is similar to the purpose of other relationships, with the addition of providing a more focused and intense reflection that shows you in no uncertain terms the beliefs that are in alignment with your natural self and the beliefs that are not. Your emotions are the indicators that will let you know the difference. All pain is resistance to the natural self and when you feel it you know you are out of alignment.

Getting “into” a relationship creates a compartment with a specific focus that can bring out intense joy and love, but it can also bring out emotions that are painful, especially surrounding self-worth and jealousy. The purpose of relationships is to not only to reflect the positive, but also the negative beliefs that are the cause of pain. Once exposed, the beliefs that are out of alignment can be integrated and transformed resulting in more joy filled relationships.

What You Are Seeking In Relationships is Actually the Reconnection With Your Higher Self

3rd Density is a reality based on separation of self. Because lack and not being whole is the nature of the reality an intense drive arises to fill the void and this void of not feeling whole is often filled by coupling with another individual. The attraction to find a mate is actually the desire to reconnect with the higher self which got cut off through the process of incarnating into a very densely focused reality. Coupling may ease the pull for a while, but it will never fully remove it, because it can't. Nothing you will ever surround yourself with on the outside will fulfill you, because what you are looking for is found inside of you.

If you are open to it, relationships will eventually lead you to the realization that what you are really seeking is to couple with your higher self. Realizing that the void you feel is the disconnection from your higher self is one of the most joyous awakenings you can have, because you finally become aware that you have always had the love you desire right inside of you and you can stop looking for it in others outside of you. After having this realization you can be a whole person in your relationships and set them up to serve theirs and your highest joy with no restrictions or compartmentalization.

No Need To Place Conditions On Others

The need for placing a condition on another person comes from a belief that you are lacking something and that another person is going to fill that lack. If they leave or act out of accordance with your wishes, your underlying belief is that they did it because you're not enough. Everyone who is self-aware knows they are enough and does not need anyone to be or do anything for them to be all that they are. Allowing the law of attraction and repulsion to do its job without encumbering it with limiting definitions and it will create a natural flow of beautiful relationships that are perfectly tailored for you.

All Relationships Are With Yourself

The relationships you are having are with yourself. What appears to be interaction with others is actually the reflection of your own projected energy. From the perspective that

you are consciousness, you understand that everything is happening within you, within your consciousness. All relationships that appear to be outside of you are actually all taking place within you. You are “all” the players on the stage. Understanding this is essential to having healthy relationships.

“Unconditionally loving healthy relationships are achieved by living your highest joy and being excited for everyone else to live their highest joy.”

What you put out you get back. What wants to come to you is doing its utmost to come to you and what wants to get away from you is doing its utmost to leave you. All you have to do is let come what wants to come and let go what wants to leave. Trust in this one simple law alleviates all issues with relationships. Being clear about not needing a relationship to be more than what it is and allowing it to come and go naturally will attract in perfect timing who needs to be in relationship with you and repel who doesn't. Your job is to express yourself as fully as you can so your energy will be clearly put out and understood, and will attract you to whom you need to be in relationship with for the length of time it needs to last.

You Are Not Responsible “For” Others — You Are Responsible “To” Others

You are not responsible “for” anyone else. Each person is responsible for themselves. You are responsible “to” everyone else. Being responsible to others means that you are the most fully expressed version of you that you can be and this is also your purpose in life as well. Being your authentic self is the way to offer the most “help” that you could offer. You are leading by example, while at the same time allowing them to be free to choose their own path.



Every being is their own complete reality creating their own holographic universe. They are completely sovereign, free, and self empowered to be whatever they choose to be. They exist, they are the One and the All, what they put out they get back, and they constantly change. They would not be able to have the experience they are having if this was not true.

You might ask, “How are victimized children creating their own reality?” The answer is that they have chosen to have that experience from a higher dimension of themselves, which is the same answer for, “How is alien abduction justified?” From our Earthly perspective it appears there is no choice, which is true from that particular perspective, but a higher part of their consciousness, which you could call their oversoul, has orchestrated the experience and clearly knows what it is doing. It knew what was going to happen and the choice it made serves its overall purpose and plan or it would not be happening.

Family—Marriage, Parents and Children

We are all one human family. On a [Harmonious Earth](#) the distinction of only certain people being your family is expanded to the entire human race being your family. As individuals of one family you move about and interacting with other family members with the awareness that [everyone is really you](#)... and you do for them what you would do for yourself or your dearest loved one. Everyone treats everyone with unconditional love.



Everyone is your friend, your son, your daughter, your brother, your sister, your mother, your father, your wife, and your husband. All are treated with kindness, gentleness, loving support, and respect. Everyone lives their joy and has fun doing it.

What makes you a part of a Harmonious Earth family is your energetic frequency being in alignment with the other individuals of the group and the values that everyone in the group holds in common. If you are not in alignment with the frequency of the group then you are not a part of it. If you are tuned into another channel you will not be able to see the channel the group is on. It is all about frequency and being tuned into the same channel as the group. The group is not about everyone being the same, but [everyone expressing their individuality in unity](#) which creates a beautiful symphony. It's a perfect balance of unification and individuality.

Even though individuals are born male or female there is no need to limit oneself to the masculine or feminine energies connected to that body type. Allow yourself to embody and utilize masculine and feminine energies in whatever way you choose in the moment and that goes for all archetypal energies. All archetypal categories are just different perspectives or energies that every person embodies and can use at anytime.

The idea is to realize that not only are you all archetypes, you are all the people and everything else in your reality... You are your reality. There is no reality except what you define it to be. So let go, expand and define yourself to be what you prefer in that

moment and whatever is relevant in the next.

Sexuality

Purpose of Sex

Sex and sensuality are healthy natural parts of life, a way of connecting to more of who you are through an energetic exchange with another person, thereby completing a circuit. Sex is beautiful, expansive and ecstatic when entered into for the purpose of upliftment and joy, with honesty and full transparency between those who are involved and those who will be affected. Have sex for the purpose of enlightenment, expansion, and becoming more of your true self when it synchronicity comes up with who it naturally comes up with.



Transform Limiting Definitions Attached To Sex

Become as conscious and aware as you can possibly can about the belief systems you have attached to sex. Our collective consciousness has been deeply engrained with limitations regarding sex. Beliefs that limit and distort natural and free sexual expression are unnecessarily attached to unrelated beliefs such as [self worth](#), [money](#), and [physical appearance](#). As you awaken to who you truly are these beliefs will surface and need to be transformed.

Sex is often used to feel wanted or “loved.” [Love](#) is a state of being that comes from within you and not from another person. Negative energy arises when conditions, control, manipulation, or coercion are attached to sex. Many of the restrictions and judgments surrounding sex come from fears generated by lack of self-worth, not being enough, and being disconnected from Source rather than from anything to do with sex, and yet these fears get unnecessarily attached to sex in the form of limiting definitions.

[The Law of One – RA Material](#) talks of the [limiting definitions often attached to sex](#) such as master and slave, desiring possession and desiring to be possessed, dominator and dominated, owner and wanting to be owned, plunderer and object and how these have a polarizing effect towards the negative. As we move away from polarity and towards oneness it becomes more and more obvious that it is essential to release these definitional blockages, usually found in the lower chakras, by letting go of any arbitrary restrictions or judgments about sex, and transforming negative definitions into new positive and expansive definitions.

More Holistic Sex As We Expand

As we evolve into expansive realms of consciousness by transforming our limiting

beliefs we will experience sex and sexual intercourse in new holistic, expansive and energetic ways that involve complete melding of the mind, body and spirit. It may be described as feeling like a constant orgasm of joy and delight in each other's beingness.

Physical Appearance and Beauty

Expanding Your Definitions of What is Beautiful

As you awaken you begin to experience your physical world through different eyes... of spirit – positivity – energetic vibration. As a part of that shifting, your limiting beliefs become more integrated and limiting definitions about physical appearance and beauty become conscious. You realize that these limiting definitions are creating separation from other parts of yourself and need to be transformed if you are to experience yourself as the holistic being that you are. You cannot fulfill your natural instinct to love unconditionally if you believe the person in front of you is odd, ugly, or unattractive, and that includes your own physical appearance.



The belief of basing whom you associate with on what he or she looks like will need to be [transformed](#) if you want to expand and become truly integrated. Beauty really is in the eye of the beholder. It is simply a definition or a [frequency](#) that you are adhering to. Its only reality is what you give it. It is one of the key mechanisms used to keep the 3D idea of separation intact and these are the very definitions that you need to identify and transform as you awaken. When you start seeing the beauty in everything for its

own sake you will set yourself free and experience an explosion of conscious expansion.

Personal Chemistry

Applying this idea of redefining what is beautiful at a personal level provides the ultimate release from physical attraction's rigid walls. What we call having physical "chemistry" with another person is just your set of definitions aligning with other person's set of definitions. You are the same [energetic frequency](#). Everything is an energetic frequency and [what you put out is what you get back](#). You are always attracting a reflection that is a perfect match to the frequency that you put out, or put



another way, you always experience the frequency that you are.

Who you are physically or [sexually](#) attracted to is not fixed. It is based on your definitions/frequency and most of them come from social programming and the media. It is not really who you are, even though you may believe it is. Your definitions of beauty may seem fixed, but they're not. You can change them. You might ask, "Why it is important to do so?" Because what people really want is to feel loved and valued. If that love and value comes from what you and others look like then it will quickly fade with familiarity and time. When you limit the love coming to you to only a very select set of individuals that look a certain way, then you will always struggle to get the love you desire and you won't be able to hold onto it. If your definitions of attraction are based on the [love, light, and joy](#) that a person emanates, then you experience more love, light and joy when you are with that person and it will not end because that is who they truly are at their core.



Remember that [everything changes](#). People's looks will change and so will yours. When you tie your identity, your relationships, and what turns you on sexually to a rigid set of physical appearance definitions, you limit yourself, your love, and your joy unnecessarily. I know it is what we have done as a culture for a very long time, but if you want to experience the transformation to higher consciousness that you say you want to have, then you will have to let go of your limiting beliefs surrounding physical appearance.

Approach beauty more like a child. A small child that hasn't been around long enough to be programmed does not care how fat or what color a person is. He is more than happy to nestle himself into his fat grandmothers bosom. He feels her heart and knows that it is love. He is attuned to energy and does not negatively judge appearance. He might notice that his friend on the playground is a different color and even say so, but there is no judgment and he is excited to feel loved and receive all the joy and companionship that their playful relationship can offer.

You are making first contact with the parts of yourself that you have compartmentalized and separated off and labeled as not you. But [everything is you](#), and now at this time of enlightenment we are waking up to that fact. If you are to [be proficient at awakening](#) you will need to drop any judgments of outer appearance and be open to what is in the hearts of other beings. At the core we really are all the same one thing.

Acceptance of Extraterrestrials' Appearance

This idea of beings, human or alien, needing to look like you in order for you to love them has to be let go of if you want to awaken and shift to 4th density (5th dimension). You are going to have to start seeing with your heart rather than your eyes if you want to shift to a harmonious Earth and be ready for contact with your galactic family. To many extraterrestrial beings, we humans look very alien and exotic, yet that doesn't

stop them from completely showering their unconditional love on us and assisting in our awakening.

Higher conscious ETs obviously see the pure desire of our hearts and have no issues with what we look like. We come from them and are returning to them. We are family and they know it. Their motto is: "Though minds may be different, though body forms may be different, it is through the heart that we recognize our spirits are one." We often talk of making ["First Contact" with Extraterrestrials](#) and if we are going to do that we have to become first contact specialists ourselves and open up to the physical differences of the beings on our own planet. As we become more loving to each other and all other life forms on Earth we can then expand that love to our extraterrestrial family and be open to them. It will truly be a wonder-filled family reunion.



Our Extraterrestrial Connection

A Harmonious Earth is part of a greater system, part of a family of civilizations. You are not only connected to everyone on Earth, but you are connected to everyone beyond Earth, the beings we call extraterrestrials.



They are the galactic family that we have come from and are reconnecting with. We intuitively know this as we gaze out into space, which is really just looking inside ourselves, because space and time are inside our consciousness and there really is no “out there.” When you begin to awaken to the fact that you are not separate, and that [the all are the one and the one is the all](#), then it stands to reason that there are many other civilizations like us and infinitely more that are nothing like us. Expansion or ascension is an integrative processes of including more and more of ourselves, which naturally leads to the parts of ourselves that are beyond this Earth, which are our extraterrestrial family.

The story we have told ourselves about how we came to be can now be retold. It is time for a different story. [You create the past from the present](#), so you can shift to the parallel reality that is in more alignment with the expanded being you choose to be and have a history that includes your extraterrestrial heritage. Remember that believing is seeing, not seeing is believing, which is the same as to say, [what you put out you get back](#). You’re making this stuff up! There is no reality, aside from what you define it to be. Physicists are finding that empirically, inherently, there is no reality. That nothing is “out there” is the foundation of many of their theories of reality. Your view of what you think your reality can be is what reality is. You are responsible for its creation.

As a society we are accepting each other more and more. Nations, religions and cultures are joining together and now we are very close to openly joining with our extraterrestrial family. Our need to have our governments protect us from our fears has diminished and we are ready to disclose to ourselves that there is more to us than just what is here on Earth.

Extraterrestrials understand oneness and live harmoniously and are ready to join with us, but we must meet them halfway. We need to raise our frequency and become more harmonious, so we can be in their presence without going into psychic shock. Meeting them would instantly cause all that we have kept hidden to rush to the surface before we are ready, so for our sake they hold off until we have done our personal work and integrated enough of our compartmentalized beliefs that we can meet them in an uplifting joyous way without fear.

Creating a [network of high vibrational communities](#) not only serves the purpose of

providing us with sanctuaries that are more aligned with who we truly are so we can raise our vibration high enough to interact with extraterrestrials, but also the communities will be first contact locations where extraterrestrials, and in particular our [hybrid children](#) who have been created from the “Grey” and Human hybridization (abduction) program, can join with us, live amongst us, safely interact, and acclimatize to us, and we can acclimatize to them. The hybrid children will act as step-up transformers to raise our frequency. Read more about the [hybrid program](#) and about



hybrid children on the [Hybrid Children Community](#) website.

Healthy Living – Eating and Exercise

We Are Becoming Lighter and Less Dense

We are awakening to our infinite nature and becoming lighter and less dense. Our bodies are like antennas that receive and emit energy. We are becoming more conscious which requires us to operate at higher frequencies. To keep our antennas-bodies-minds tuned up and clean we need to increasingly eat lighter healthier foods, continually detoxify our systems, and stay physically active. What we eat, drink, think, and do create the energetic vibration that we are.



Listen To Your Body, Eat Less Dense Food, and Get Free Energy

If you listen to your body it will talk to you and tell you what you need to do to be healthy and raise your frequency. Each person is different and will have a different process. In our present society many people have become hyper-focused on the physical body, food, and exercise. It is important to be holistic and natural in your approach to health and give attention to the mind and spirit as well as the body. What you think and what you believe can make you sick just as easily as what you eat.



Eat Healthy Fresh Food and Exercise

Eat living organic fresh healthy plant-based foods in smaller quantities and in more frequent intervals throughout the day as much as possible. Exercise regularly. Take in plenty of fresh air and sunlight. Sleep according to your body's natural cycles. Detox regularly. As an example you may find it helpful to fast 1 day each month and also do an extended 3 to 6 day fast every 6 months. It is natural for a person to need less food and less sleep as his or her energetic vibration increases and you become less dense and more light.

Limit or eliminate consumption of products that are heavily processed, dead/cooked, animal-based, contain alcohol or drugs as much as possible. When possible turn off and move away from electronic devices that emit electromagnetic radiation like cell phones, computers, Wifi's and even credit cards with magnetic strips. Eliminate the use of microwave ovens.

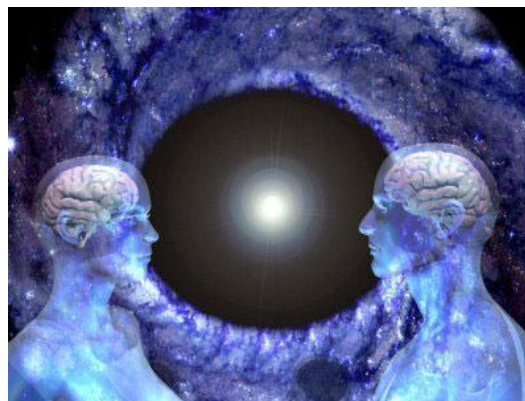
By following these simple steps disease and sickness will be greatly reduced or eliminated and we will live healthy lives full of energy and vitality.

Communication

The Purpose of Communication

“To commune is to converse intimately or to be in a state of heightened sensitivity and receptivity with others.”

The purpose of communication is to create a reflection that shows you what needs to be understood to be more of who you are. Communing with and relating to others mirrors back to you what you are putting out. The higher the frequency you put out the clearer and more harmonious the reflection coming back will be. The more aware you are of what you are putting out and what is coming back the more you and the others involved will benefit. If the other person is also aware, then it will increase the benefit and increase the frequency even more.



A mutual agreement for conscious clear heart-centered communion with each other produces optimal results. Being a proficient conscious communicator is a core value of Harmonious Earth and what we strive for in all our communications with each other. “Circumstances don’t matter, state of being matters,” is a mantra that reminds us of what we value. We do our best to consistently be of as high an energetic frequency as possible. Being in community, being in [relationships](#), and communicating have basically the same purpose, which is to be more of who we are.

“The purpose of relationships is to reflect to all those involved in the relationship what they need to understand to become more of themselves.”



The Sanskrit salutation “Namaste” is a quick high-energetic way to commune. It encapsulates the idea of coming together energetically to a place of connection and timelessness, free from the bonds of ego-connection where a deep union of spirits can blossom and the truth of the heart – that [we are all one](#) and a part of the One – can flow.

Being proficient in communication is an essential trait when living in community where group members share common values, work together, live in close proximity, [fully express themselves](#), and share their gifts.

Full and open expression, along with the points made in this article, serves as a common value of Harmonious Earth and is one of the values an individual agrees to when becoming a part of it. For the frequency to remain high, it is essential for everyone to communicate without holding anything back. It is easy to do this when [all the others in the group have the group’s and your best interests at heart](#) and have agreed to

unconditionally love you and treat you as family.

For communication to be truly effective it is important for the parties involved to know and understand to the best of their ability the laws of existence. These laws of existence are core values of Harmonious Earth: That [you exist](#), are infinite, and your reality is not outside you, but in you and created by what you define it to be. That [the One is the All and the All are the One, what you put out you get back, everything is here and now](#) and [everything changes](#) except the first four laws of existence.

Keys For Effective and Uplifting Communication

1. **Communicate Positively and Clearly.** Communicate in heart-felt and empowering ways. Be positive, loving, kind, fun, playful. Be precise, clear, transparent, honest, and use empowering words. Tuning in and using your telepathic abilities will be a great aid to all

involved. Remove your own filters and judgments about others and yourself as much as possible. Have your and their best interest at heart as though you are facilitating a healing session. If there are times when you are not feeling so positive then, at the least, do your best to be neutral. If there are issues, then set an intention for resolution and peace and always intend for the conversation to end with joy, love, and on an uplifting note. State of being is what is important, not who is right.

2. **Communicate Openly and Fully From Your Heart.** Opening up the throat chakra and heart chakra is essential for free flowing transparent communication. It is the beginning of telepathic communication. Say what you are moved to say from the deepest part of your heart and do not hold back for fear of retribution. Be bold and say what you have to say, so all may hear. One of the benefits of living in community is that you are loved and safe enough to be open about who you truly are – and you can freely express it. Treat others as infinite beings and know that they have the ability to change, adapt and be their true selves if they're made aware of it and given the choice.

3. **Focus On Solutions Rather Than Problems.** Focus on positive ideas, what you can do, and not on what you cannot do. Use positive rather than negative language. You can't solve a problem from the same energy it was created. Move yourself to the new energy of being the solution. Remember that your experience is being created from your strongest beliefs, so set the intention to "utilize the power of the illusion rather than being under the illusion of power."

4. **Communicate From the Present—Use "The Pitch" For Stories From the Past.** Communicate as though everything is new. If you tell a story from the past keep it short (less than 3 minutes) and make it purposeful by delivering it in the form of a 3-part pitch as follows: (1) The call to adventure. (2) Challenges



along the way. (3) How you transformed it. Everything changes every instant. Approach everyone as fresh, new, empowered beings with each new meeting. You are interacting with a completely new version of a person every time you interact with them. Allow yourself and them to be different. There is only now. There is no past, except what you make up in each new now moment. Remember that [you create the past from the present](#). When you tell your old stories you re-solidify them in the new moment and lock yourself into the old idea. This is a new moment and a new you, so remember [that person was you, but you were never that person](#). The old physical persona likes to tell stories to create continuity and build self worth in order to fill the lack it believes about itself, but you now operate from a perspective that you are whole, lack nothing, and like to talk about what excites you. Stories of the past are not who you are now and no longer have a place in your new world.

5. **Communicate Utilizing Core Common Values as a Basis.** When you live in community your individual core values are aligned with the [collective community core values](#) and so your individual and collective values are reflected in all your communications.

The Art of Conscious Conversation

A conscious conversation is where you are fully present, really connect, feel heard, and you hear. Conscious conversation is an art form. It is communicating with heart, mind and soul. It is the beginning of telempathic communication. Here are some tips for conscious conversation.



1. **Agree To the Conversation.** Begin by setting up an agreement for the conversation. Ask if they would like to converse, if they are available now or later, and how much time they have for the conversation.
2. **Tune In.** Move your attention from your mind to your heart. Let go of your thoughts, become present, feel with your heart, use your intuition. Turn the focus away from what is coming through your physical senses into your brain and tune into what is coming in through your sixth sense. Become aware of what is around you as energy. Use your whole body as a receiver. Notice the different energetic fields and really tune into them, especially the person you are having the conversation with.
3. **Speak as Higher Guidance Directs.** Get into the “Flow” of sending and receiving. Say what you are “directed” to say by your higher guidance.
4. **Allot For Even Amounts of Sharing.** Be aware of how much you are focused on you and how much you are tuned into the other person. Communicate “with” the other person rather than “to” them. Be fully aware of how much you are talking and how much they are talking. Allow it to be an even exchange of maybe 50/50 for two people and smaller percentages in a group. In open group conversations include all that want to speak. If it is a private conversation, then politely say so.
5. **Remember You Are Mirrors For Each Other.** Mirror to others their beautiful infinite nature by being aware of your own. Remember that the purpose

of relationships is to act as reflections for each other so all involved can be more of who they are.

Possible Techniques, Topics, and Questions to Use in Conversation

1. **Be Present.** What are you experiencing right now? What emotion are you feeling? What is your honest truth right now at this moment?
2. **Become More Aware.** What was the most profound experience, epiphany, breakthrough, or idea that came up in the last week? How did it come up? Who will you be, how are you different now that you are aware of this new idea? How much difference are you creating in your life?
3. **Follow Your Excitement.** What is the most exciting thing you can think to do right now, in this very moment? Tomorrow? For the rest of your life? Why? To the best of your ability, what action can you take now to experience your excitement, passion, joy, bliss?
4. **Let Go of What Limits You...Judgments.** What issue are you facing? What emotion comes up, what happens, what is your reaction when you think about it? What would you have to believe is true to have that emotion? How does the judgment serve you? Who would you be if you let it go?
5. **Silence and Love.** Be silent and look into their eyes and imagine that they are you. Send them love and receive love from them. You are interacting with yourself. They are what you make them up to be. Notice any judgments and what comes up for you. Continue to see them as love and allow them to be love. Everything you experience is a reflection of you. You experience your state of being. You are what you experience. You are co-creating, because they are having the same experience as you. You are "All That Is" experiencing itself as you. The One is the All and the All are the One.
6. **Share Wisdom.** Teach when you are asked and it is appropriate. Deliver it as your experience. For example, if you have a deep understanding about nature and trees then share it.
7. **Co-creation.** Share in co-creating a project. Build on each other's excitement.
8. **Levity.** There is no quicker way to enlightenment than to lighten up. Have fun and tell jokes that are uplifting and non-judgmental.
9. **Telempathy.** Practice being telempathic. We are all completely capable of telempathy and will be doing it more and more as we expand.

Dealing With Communication Issues

Rather than running away from challenging situations dive into them and be grateful for the opportunity to uncover another part of you that has been hidden. When you define negative emotions that



come up as exciting, it makes it easy and fun to transform them. Knowing that all pain is resistance to the natural self is reason enough to get to the bottom of the cause and turn the pain that is not you into joy that is.

1. **Take Accountability For Issues That Are Yours.** If you are angry, triggered, or emotionally charged in any way about a situation, or if another person offends you, then it is likely that it is your own issue and you are experiencing your own reflected projection.
2. **What To Do When You Are Upset With Another Person.** As stated above, if you are upset then it is likely that it is your own issue. The other person is only [reflecting back to you what you put out](#). The emotional issue has come up to show you that you have a belief that is out of alignment with your higher self and is teaching you something about yourself. It will continue to come up wherever you run, until you [shift the belief](#). Remember that circumstances do not matter; state of being matters. Trust that synchronicity is perfectly orchestrating everything at all times. If it's happening it is meant to happen. You can't solve a problem from same energy it is created. Move yourself to the new energy of being the solution. Remember that it is all your own projection. [Utilize the power of the illusion](#) rather than being under the illusion of power.
3. **Projections By Others That Are Not Your Issue.** If someone projects onto you that you have an issue, like "I hate your orange socks," and you are not even wearing orange socks, then you can move on with your own business and know that it does not have anything to do with you. If you continue in a high loving vibration with no emotional charge and you can neutrally observe a situation where others are challenged, then there is a good chance it is not your issue.
4. **Bringing Up An Issue You Have With Someone Else.** If you feel that someone else is misaligned or out of integrity, first check in with yourself and make sure it is not your own issue. This "observation" needs to be delivered without any hint of animosity, judgment or attack in as loving a way as possible. If you sincerely feel you are neutrally observing something that is not aligned with the other person's communication or behavior, then gently ask their permission for giving feedback with something like, "Would you be interested in something I picked up on as I was listening to you talk?" If it is a person you know well, you can bypass this step by having a standing agreement to always be open to observations that are objective and for the purpose of upliftment and expansion. Once permission has been established, using kind and loving energy and ending in the form of a question, say something like, "About that statement that you just made, I didn't feel it in my heart. How did it feel to you when you said it?" or "That didn't land with me," or "That didn't resonate with me," or "That felt a little off to me. How do you feel about that?" or "When you check in, did that resonate with you?"
5. **What To Do When Someone Brings Up An Issue They Have With You.** If someone brings up an issue with you (and this also works if you have an issue with them) it is important to immediately move into your heart space and let go of any defensiveness or judgment. Surrender and listen to their issue with your heart. Neutrally observe how what is happening in the situation is enriching their life or not. Let them know you heard them. Repeat back to them in as loving and

balanced energy as possible what you heard the issue is with no evaluation. Then ask them what emotions come up about the situation, listen, and repeat what you heard back to them. Next ask them what they feel needs to happen to rectify the situation, enhance their life, and enhance the lives of all involved. Listen, and repeat what you heard back to them. Listening and repeating back to them what you sense they are really communicating creates a flow of communication that will naturally manifest solutions. When you do this over and over again it creates trust, love and understanding. Remember the trick is to stay in control of your own emotions. If you or they cannot maintain your emotions, ask a third party to facilitate the conversation. A helpful aid in controlling your emotions is to realize there is also something for you to gain from this or synchronicity would not have chosen you to work through this issue with them. When resolution has been reached gracefully, thank the person for their gift of being a reflection that has allowed you to expand and be more of who you are.

6. **Communicate Directly With Anyone You Have an Issue With.** No one needs to hide anything. Stand up and be bold so all may hear what you have to say. If you have an issue with someone then lovingly communicate directly with that person regardless of what may come up. Talking behind someone's back leads to assumptions and usually involves your own projections. If you are emotionally charged about the issue then it is likely your issue and it would be beneficial to ask a 3rd party to facilitate the conversation. If someone talks with you about someone else in a judgmental way, advise them to go directly to that person and discontinue the conversation about the other person that is not present. After you have moved to a light state of being, re-engage with all those involved utilizing positive and loving energy.

7. **Ask For Assistance.** If you can't work through an issue with another individual ask for assistance from someone who you feel is qualified to facilitate. A neutral third party facilitator with a working knowledge of Harmonious Earth values can be of great assistance in resolving issues, representing the best interests of all involved, helping to eliminate any threat or fear of attack, and eliminating any personal judgments about right and wrong. Most members of the community will be qualified to act as a mediator to work through issues, adjust your state of being, and transform the out-of-alignment definitions.

Other Communication Resources

Our discussion about communication in this article is presented from the perspective that you understand the laws of existence and your own infinite nature.

The Nonviolent Communication (NVC) model is well respected in communication circles and begins with the perspective of removing violence from communication and moving into heart-based communication. For more information about Nonviolent Communication (NVC) check out their [website](#), a [book titled Nonviolent Communication: A Language of Life](#), and read this link to Chapter One on their website which gives you a good [introduction to the principles of nonviolent communication](#) and how to use the four components of NVC: 1. observation 2. feeling 3. needs 4. request.

Sustainability, Nature, and The Environment

Sustainability

Sustainability is being in harmony with the system you are a part of and doing what is [beneficial for the whole system as well as each individual](#) part of that system. It is about taking a [holistic approach](#) rather than an individualistic approach.



We are all part of the Earth ecosystem which is a network of delicately balanced interactions among its organisms and environment. The air we breathe, the food we eat, and the structures that give us shelter and warmth all come from Mother Earth. To sustain the ecosystem that provides what we need to live, we must realize our place in the overall system and harmonize with it, having as low of a negative impact as possible, and as high of a positive impact as possible. We need to be thankful and take care of the Earth, so it can take care of us.

[Everything constantly changes](#) and we now realize that the way we have been living is no longer sustainable. Unconscious behaviors of consumption and waste are obsolete. New sustainable systems that are in harmony with the Earth ecosystem have been developed and are now being implemented around the planet. What a wonderful opportunity we all have to get on board and be a part of reversing the damage we have done and rehabilitating the Earth that gives us our lives.

Efficiency and Recycling

Efficiency reduces impact and is a part of the sustainability equation. Not using more resources than you need in the first place is the easiest way to have a low impact and reduce pollution.



Recycling is a necessary part of the equation for those things you really need, but should not be seen as an excuse for overconsumption. Take what you need and leave the rest. If you do deplete resources then implement a plan to replenish them. Do not create anything without a plan for harmoniously recycling it back into the system.

[*"When you can learn to do more with less, then you can do less and get more."*](#)

Nature is efficient and wastes nothing. Be like nature, become conscious of all your movements and make them as efficient as possible. It is the way to take your place in the flow of the overall system and be a harmonious part of it.

Leave No Trail — Pollution

One of the first things you learn when you go camping in nature is to clean up after yourself and leave no trail. There is no garbage collection in the woods, there is not going to be anyone coming to clean up after you, and no one wants to camp at a site or hike on a trail where the last person left his (or her) trash. We are the only ones who can clean up our world. There is no one coming after us to do it for us.



Having low or no impact is part of respecting and honoring the joy of others and being aware of how what you are doing impacts them. To the best of your ability leave things the way you find them and if possible leave them cleaner and more positive than the way you found them.

There are many forms of pollution in addition to physical pollution. Noise pollution, light pollution, and even negative emotional energy pollution. Be aware of hidden pollution that you are creating. Just because you cannot see it go into the trash does not mean you did not create it.

Your lifestyle creates pollution. The concrete you are walking on and the steel buildings you are walking in create tremendous amounts of pollution. When you eat at a restaurant, live in a house, or drive your car, you are creating pollution. Be aware of the footprints you are leaving and change your behavior to stop doing what is not in alignment with your values. You are the only one who makes a difference in your world.

Live life with less and less negative impact. Leave things more positive and better than you find them. Leave people and all living things fuller, healthier and happier.

Can the Earth Sustainably Support 7 Billion People Living Like You?

One way of gauging if you are sustainable is to ask, “Can all seven billion people on the planet do what I am doing without negatively impacting the Earth’s ecological system?” When you honestly look at it from this perspective, almost no one living a modern lifestyle is sustainable. Most of us are just sweeping the issue under the rug. We would have to drastically change most of our behaviors to be truly sustainable. It is becoming more and more apparent that drastic change is needed and the pain is increasing. The turnaround needed seems almost impossible, but we can do it.

The Future and Personal Action You Can Take

We must change almost everything we do if we are to survive as a civilization. The path we are on as a collective is completely unsustainable. The solution is for each individual to do their part. Do everything in your personal life in a sustainable fashion as much as

possible. Eat only organic, sustainably grown foods, live in a sustainable home, drive less and do it in an electric car, create your own power, stop buying and consuming products you do not need, and the list goes on and on. It may be challenging, but if we see it as an adventure it will be fun.

Everyone is their own universe and would be completely motivated to shift if they believed that living sustainably would bring more pleasure and less pain. It is time to start believing it, because the pain is going to keep increasing if we do not make a change. We have lost a lot already, but if we take action now it will be much easier and we can save most of our beautiful planet and have and live an even more joy-filled lifestyle.

Educate yourself and change your behavior. [Valhalla Movement](#) and [No Impact Man](#) are just a couple of examples of the numerous websites that are full of information about how to be more sustainable and live in harmony with the environment.

In the end, do your best, be happy, and follow your heart. It will lead you where you need to go and it will be exciting!



Energy, Technology, Media

Energy

Use free sustainable energy as much as possible.
Limit consumption of fossil fuels. Get off the grid.
Use clean electric vehicles.

Technology

Utilize and develop the most advanced technologies, such as free unlimited energy, and remember that technology is a reflection of the evolution of our consciousness.



Media and Entertainment

Media and entertainment are used for upliftment, expansion, education and communication. We are living our highest joy and do not need media to escape from our lives or use media to cover up a sense of lack from not being connected to our Source. We know who we are and do not need to convince anyone of anything or sell anything to anyone. We are a new paradigm and the creation and use of media and entertainment reflect that new paradigm.

We are very busy, very inquisitive, and engaged with our new lives, interacting with other members of our society in new ways and with other beings in the galaxy that are assisting us and others with their expansion.

Education

Education

Life is school. Education happens naturally.

A Properly Structured Society Naturally Provides Education

On a Harmonious Earth education is built into the social structure. The structure of the society *is* the education system for everyone in the society. It has all the tools necessary already built into it to teach everyone what they need to know. There is no need for a separate education system. That is why it is so important to have the society properly structured with [common values](#) that are expansive, integrative and supportive.



Experts Share Their Skill with Hands On Training

Education occurs when individuals attract themselves to what they are most [naturally and innately inclined to learn about and participate in](#). Those who are already expert in those fields will allow those who are interested in what they do to learn from them “on the job” and learn by experience. They know that if synchronicity has brought the apprentice to them then they are now the mentor. Everyone is a teacher and everyone is a student. If someone shows up who is interested in what you are doing, you become his or her teacher and the same is done for you.



The best way to teach is by example and first-hand experience. The idea is to let people place themselves in environments where they experience others behaving in empowered and creative ways and where they are supported to do the same. Placing the priority on the natural inner gifts that people have is very different from the old paradigm which puts the focus on outer symbols (like money).

Trust in Synchronicity to Teach Us What We Need

We trust that synchronicity brings to us the people and circumstances to teach us

exactly what we need to learn next. We are very curious and inquisitive and if we allow ourselves follow our natural instincts they will lead us to what we need to know. This goes for children and adults. We are just beginning to awaken to our true infinite nature. We call this education, but we already know it. We're just remembering what we already know. This is the game of life; to forget and then have the experience of remembering. We are coming out of a very limited paradigm. From this perspective our entire civilization is just seedlings or children, and all need to be awakened and educated.



We are letting go of limiting ideas and allowing in new expansive ideas. Thinking we already know is a major hindrance to our growth. We must let go of old forms of education. The new education will come from opening up our crown chakras and accessing knowledge from All That Is. We will know what we need to know when we need to know it.

Empowering people by teaching them that they have access to All That Is is the most important thing people can learn. With this knowledge they can transform the world and effectively utilize its resources to build systems and environments that are sustainable and in harmony with all living things.

Children Know the Way

When children come to Earth there are things that they need to learn in order to live in this world... how society works, crossing the street, reading, writing, mathematics and more. In regard to living harmoniously at a higher frequency they may know more than we do.



Rather than telling a child how to behave, it would be advantageous to *ask* the child the preferred way to behave and allow the child to learn by doing, discovery and experience. In this way the child would unveil to himself and the adult what he innately knows

The whole planet is being upgraded to a new higher frequency, and the children coming to Earth at this time are a different species. They are arriving with less forgetfulness of their true nature and therefore can teach themselves many things. If we're willing to listen to them, they can also remind the rest of us of what we have forgotten.

Section 2

**Government — Common Values —
Economy**

Government — Power — Common Values — Decision Making

The Time Has Come For Us To Govern Ourselves

On a Harmonious Earth we do not need to be governed in the way we did in the past. We now know what we want and take responsibility for ourselves and trust that following our excitement will drive and organize what needs to happen.



We are our government. Government is inside of us, not outside of us. It is a concept we create inside our consciousness which can be transformed to what we prefer by transforming our beliefs about what government is.

We have opened up the unconscious parts of ourselves and have integrated what we have kept hidden. We want full disclosure and transparency. We no longer need to be told what to do or to be protected from ourselves. We want to share and work with each other in a kind and loving way without restriction. We can get along because we now realize we are joined with each other and there is enough for all. We know there is nothing that can harm us if we do not subscribe to the frequency of fear.

Facilitators of Synchronicity are the Replacement for Government

The replacement for what we now call government are those that assist in the facilitation of synchronicity. These facilitators assist in [connecting those who have goods and services with those who need them](#), so there is a smooth back and forth flow. When a need arises, it is filled by those that possess the talent to fill it, with “facilitators of synchronicity” smoothing the way so that it works for the good of all involved.



There is no competition. There is cooperation. With no profits that need to be maintained, no [economy](#) that needs to be upheld or laws that need to be enforced, there is no need for the old style of government. There is the need to keep things flowing smoothly and freely across the network and that is all that is needed. Facilitators do not dictate, they facilitate synchronicity. No one person or group has power over anyone else.

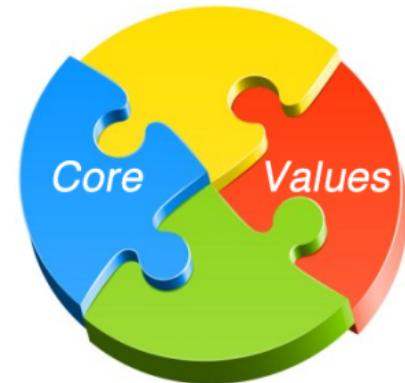
Everyone understands that they are their own reality and equal to everyone else. All the

members of the society are telepathically bonded by agreeing to the same group common values, which is key for synchronicity to flow smoothly. Another key is that everyone's highest excitement is the simultaneous full expression of themselves individually and the joy of the group as a whole.

"It is understood that 'beliefs' are self governing and so when we harmonize our beliefs we are automatically unified and governed."

Agreement to a Common Set of Values Is the Replacement for Laws

Everyone that is a part of Harmonious Earth agrees to a set of common values. This list contains general core collective values which function as a structure for how the group interacts with each other. The values are based on positivity, expansion, and the laws of existence. They are designed to unify and bind the group, thereby creating a strong foundation that provides individuals with the opportunity for full self expression. The balance of the good of the whole and the good of the individual is paramount. The agreed-to common values describe how individuals interact with others as a group, but they do not describe individual expression. For example: If a group common value is to act as sustainably as possible, then there may be different ways to individually express that. To some the individual expression may mean that cutting down some trees to build houses is okay, while to others it means to never cut down any trees.



Individual expression of the common values is left open to each individual. All ways will be tried, so that it can be determined what is best for the group and the individual. Decisions will be based on the group's common values. It may be found that either way will work or that none of the ways will work and a new way needs to be created. All this discovery is viewed as an exciting adventure and the reason for our existence. Nothing is fixed, but the laws of existence. Everyone's creativity is fully celebrated with each individual understanding that what is good for the group is good for them, because as we know all too well, if we destroy all the other people, the environment, or the planet, the game is over and no individual expression will be capable of being expressed.

"You cannot experience what you do not define."

Need for Agreed Upon Common Values

A society is formed by the agreement of individuals to a certain set of values (or definitions) that serve as the essential characteristics of the system. The common values of a group determine the common reality that is experienced. The group will not be able to experience what it prefers if it does not establish clear definitions of those preferences and act on them.

Harmonious Earth's core definitions (values) serves as a template for what those of us

desiring to live on a harmonious earth all agree to as the reality we prefer to experience. These are core definitions that establish the general collective field of play and how we interact with each other. It is up to each individual to establish his or her own personal definitions, which will in turn create his or her personal experience inside that field.

Establishing this template of definitions does not mean we are instantly living them perfectly. We do our best, we follow our excitement, and trust that synchronicity will bring up exactly what we need, to become more of who we prefer to be. The values (or definitions) are not set in stone. The values will evolve and change as we expand and become more aware of all that we truly are. We don't know what we don't know, but we are excited to discover what that is!

Holistic Approach

It is not enough to address only part of the system. To transform the system we need to take more of a holistic approach and address all areas, because they affect each other. The following is a condensed list of the major areas that need to be included. The full list would include all the articles on this site and more as it becomes apparent that we need them.



1. Physical: Physical [needs for all individuals are provided](#): comfortable living spaces, food, energy, and utilization of the most advanced technologies that are in harmony with nature and as [environmentally sustainable](#) as possible.
2. Spiritual: Realization of our [infinite nature](#) and alignment with the [laws of Creation](#).
3. Mental: Free flowing [knowledge from all to all](#). Constantly expanding our conscious awareness of our oneness with each other and All That Is.
4. Social: Unified and in harmony with each other as put forth by our [common values](#) which are agreement to by [consensus](#). These are the highest ideals that we can conceive of at this time, and we are always open to change. [Government](#) and money are replaced with an [economy](#) based on trust in synchronicity that is relied on to connect those who have goods and services with those that need them.
5. Joy: Free to [love](#), play, be happy, and have fun. Free to [be excited](#), inspired, and pursue our passion.
6. Creative Purpose: Express and contribute [our talents and gifts](#) in a purposeful, industrious, creative and expansive way, realizing there will be challenges and facing them as an exciting adventure.

Deciding Which Model of Decision Making To Use

With hierarchical, majority, or dictator models whomever has the power gets to make the decisions, whether it is the president of a company, the majority, or a dictator. The problem is that power can be amassed, manipulated, and bought and then one or a few individuals end up making the decisions that may or may not match the values of the group.

At first glance the “Consensus” model to decision making appears to be ideal, but loses its practicality with large groups and it is often difficult to reach consensus on a proposal because of the many differences in people. Where consensus does make sense and is utilized is in establishing a group’s common values and then utilizing those values to guide the decision making process. Group values tend to be general, and less specific, and take into account and balance the full expression and good of the individual and the group. This is decision making based on common values rather than on who has the power. This is Value based decision making.

Value Based Decision Making

With value based decision making decisions are made by identifying whether proposals are aligned with the groups common values regardless of whether one individual or the whole group wants to do it.



An experienced facilitator, who knows the groups values, assists in the process to make sure decisions are aligned as much as possible with the groups values without taking a particular position. The facilitator’s job is to allow the natural synchronicity that is always present in the course of living life to direct the process.

The way it works is when a decision needs to be made the values implicit in the proposal are identified and if they match the established common values of the group then the proposal is allowed to move forward, even if only one person wants to do it, because it matches the groups common values. If a proposal doesn’t match the common values of the group then proposal wouldn’t be allowed even if everyone in the group wanted to do it. In this case the group may want to make adjustments to its common values and can do so by utilizing the consensus model.

If a proposal is in alignment with the group’s common values and there is more than one way to execute the proposal, then the different ways are tried. One way may rise to the top as the best, or it may be determined that the continued use of multiple ways is best, or a whole new way may arise. This allows for full expression of each individual and at the same time take into account what is best for the group.

In group discussions alternate ideas are seen as positive and encouraged rather than discouraged. If individuals have new ideas or concerns then they are heard and addressed. It may be found that one individual’s idea will change the entire groups

direction. [Communicating](#) clearly, compassionately, and from the heart is essential.

Find more information on [consensus](#) from authors like CT Butler who has a [PDF on Consensus](#) and Wikipedia's [Consensus Decision Making](#).

Power – Self Empowerment is the Key

Knowing that you are “All That Is” allows you to also know that you are completely empowered and can move things with the lightest touch, with just a thought. You are the power of infinite Creation itself. Life is easy when you know it is just you that you are changing rather than something outside of you. You create the new reality or system you prefer by shifting your frequency rather than [attempting to fix things outside of you](#). This is how you [utilize the power of the illusion rather than being under the illusion of power](#). The greatest power requires the lightest touch.



The idea that you are completely empowered must be a realization by you and not taught to you, because the very essence of self-empowerment is that it comes from you and not from outside of you. Extraterrestrial civilizations understand that for humanity to realize its power, humans must wake up to the idea that they are self-empowered. If the extraterrestrials landed right now and told us that we are just as empowered as they are, we wouldn't believe them. We would think they are Gods, the same way we have made Gods out of many of the great leaders and teachers.

["The very essence of self-empowerment is that it comes from you and not from outside of you."](#)

When you are empowered you have no need to control or impose your ideas on anyone, because you realize there is no us and them except as an illusion you have created. When you force your ideas on someone you are actually saying you don't believe in the power of what you say you believe in. Control and domination are signs of powerlessness and are attempts to reconnect in the only way a disempowered individual knows how—negatively, because he has no positive tools. These individuals simply don't know how to connect positively and if they can be shown that they are loved and as valid a piece of creation as anyone, then maybe they will be able to let go of the fear and the domination, and transform the negative energy into positive energy.

Each of us is consciousness expressing itself as a unique individual. A collective consciousness is created from the definitions we all agree to. We no longer agree to define ourselves as separate, victims, fearful, and lacking. We know that there is no reality aside from what we define it to be. We are fully empowered.

Ownership and Physical Possessions

Letting Go of Possessions and the Idea of Ownership

Ownership is an idea used in 3rd density reality to separate, limit, compartmentalize, manipulate, control, and lock you into a very focused point of view. When you say you own some things, then by definition you do not own other things. It creates the experience of mine and yours. Your self identity is defined by what you own or how you look. In this new age of integration and expansion this old definition of ownership has run its course and is no longer useful.



As you shift to 4th density and come into community and harmonize with other people and the environment, you begin to realize that physical possessions that were once the things that defined you are now the things that are limiting you, tying you down, and covering up who you are truly are. Possessions such as money, car, house, spouse, friends, and career that you placed so much value on and created your self identify are no longer necessary, because you now know you are enough, you lack nothing, and are a fully self-empowered infinite light being. Limiting your self identity to what you own or what you do, no longer makes any sense. You will continue to have some physical needs, but you no longer need or use possessions to represent who you are. You take what you need and leave the rest. You have lightened up and are traveling with a smaller and [smaller physical footprint](#). You are moving from being physical to being quasi-physical, from [3rd density to 4th density](#).

The new you that you are becoming is literally represented by the real you that has always been inside you, but has been concealed by things outside of you that you thought were you. As you unify and come into community with other fully self-empowered beings, physical possessions and what you look like will make little difference, and the question will be, "What is your gift, your talent, your passion? What do you have to offer? Who were you born to be? What is the energetic frequency that you are putting out? Is it uplifting and expansive or is it limiting and suppressive?" The value of physical things is diminishing and the value of non-physical things is increasing. When you are working together as an integrated group, who you are is what counts.

A good exercise for determining how much your self identity is tied to what you own is to imagine yourself stripped of all your physical possessions and your physical appearance and then ask yourself the question, "Who am I, what do I have to offer the group, how well do I get along with other people, where do I fit into the group, and what

is my puzzle piece?”

Ownership is Replaced with Temporarily Using Something

In 4th density and in community, the concept of “owning” something that no one else can use, even when you are not using it, is replaced with the idea that you are just using it for this moment and when you are complete, you let it go, shift to another focus and allow whoever needs to use it to use it, knowing that you are [abundant](#) and whatever you need to use next will be available for you. A new fun word that we came up with that encapsulates this idea is “Mybrary.” It means that you are just using something temporarily that you know belongs to all. When you follow your excitement synchronicity will automatically organize and provide everything it takes for what needs to happen. If it is not possible for you to do what you think you need to do, then you know that you really do not need to do it.



Limitation Can Be Used As a Valuable Experiential Focusing Tool

The ability to limit your focus is positive when used in a positive way and essential to experience all that you are. The trick to utilizing limitation in a positive way is to remember that it is not fixed and can be changed anytime you choose. View everything as changing, fluid and flexible. Let go of the definitions that are creating your experience as soon as you are complete with that experience. This goes for relationships with things as well as with people. There is no need to place long term limits on anything now that you realize you are “everything,” you lack nothing, are constantly changing, and are fully empowered to access all that you need when you need it. Because you are everything, you can never lose anything, you are just shifting your consciousness to a different experience.

You are All That Is continually experiencing yourself as a particular perspective by utilizing your vibration as a focusing mechanism. Now, at this timing, you are realizing that you are free to easily change your focus instantly in as large a shift as you desire, to experience your fullness as well as your individuality. You move fluidly from experience to experience in joy with no resistance, knowing everything that is happening is meant to happen.

Economy

The New Economy

A Harmonious Earth economy could be defined as follows... The efficient and [sustainable](#) use of natural and material resources for the production, equitable distribution and consumption of goods and services, taking into account the [benefit of all people](#), the [highest joy of each individual](#), and the [sustainability of the Earth and environment](#).

The main differences between the old system and the new system are that people, their innate gifts, and their well being, as well as taking care of the Earth, are what is truly valued, rather than profit, [ownership](#), and hierarchical [power](#).



Shifting to a 4th Density Reality

As a civilization we are shifting from our present [3rd density](#) reality based on competition, segregation from other people, compartmentalization, and separation from our Source to a [4th density](#) reality based on joy, integration, expansion, and the good of the whole while at the same time celebrating individuality.



These are very different realities and if you choose 4th density then it will be essential for you to integrate and transform your 3rd density beliefs, because you will not be able to operate successfully in 4th density if you hold onto them.

Each individual creates his or her own economy inside himself or herself based on the strongest beliefs about it. [Agreeing on the same set of group definitions or common values](#) with other individuals creates a collective economy. When you unify with others and form collective agreements you shift yourself to a parallel reality that reflects your newly defined economy. The old reality with the old economy still exists, but you, and those in alignment with you, will have shifted to a new reality that is more reflective of your new vibration.

Bridging From the Existing Economic System

Money itself is just a neutral symbol of value. When the new system is fully implemented, money will no longer be necessary, because there will be no ownership, and goods and services will be freely distributed. Until then money will still need to be utilized when interacting with the old monetary system, but as the new system becomes

more productive and self-sufficient, the need for money to be exchanged with the old network will diminish and the new network will gradually stand on its own. It will be an economy inside of an economy, a network inside of a network. The new economy will work alongside the existing economy and eventually take its place when the old economic system collapses.

"It is not about changing the old system. It is about having the new system in place, so that when the old system collapses the new system will be there to take its place."

Until the new system is able to fully provide for itself, any surplus we have from what we produce can be sold in the existing economic system so we can buy what we are not yet able to produce ourselves.



The Value of each Individual – Living Your Passion

People and their gifts, talents, and joy, rather than gold, money, and power, are what are valued in the new economy. What is important is who a person is on the inside rather than what he or she has on the outside. Exterior symbols that were once seen as valuable are seen as reflections and as the facades that they actually are. It is a person's heart that is the greatest value.



It is understood that each individual is a fully empowered infinite being, their own greatest resource, a universe unto themselves and at the same time a unique and essential part of the collective civilization of Earth. Each person can make the following statement with full understanding and conviction: "I support my reality, my reality does not support me; it has no power to support me. I do not look to the thing I 'do' to support me."

Every individual knows that they [deserve to exist](#), that the [One is the All and the All are the One](#), and that they are [abundant](#) and lack nothing, so they only take what they need and leave the rest. They are motivated by knowledge that [what they put out they get back](#) and by [following their excitement](#) everything they need when they need it will be provided. Everyone is excited to [express their highest joy](#) without the pressure or fear of how to pay the rent or working at jobs that they do not enjoy. Challenges still exist, but they are seen as adventures, and everyone is excited to experience their own self-empowerment as they overcome their challenges.

People are excited to work, because work is not really work, it is exhilarating and fun. [Their work is their passion](#). The products that are needed are produced from people being excited about what they do and living their highest joy. There is always someone who loves to do what needs to be done. The new model utilizes the natural talents, passions, and highest excitements of the people involved to produce the highest quality products for the benefit of all people and the environment. Cooperation, equality and playfulness replace competition, hierarchies and manipulation.

Everything is Freely Shared and Equally Distributed For the Benefit of All

All of Earth's resources, all goods, all services, all technology are freely shared for the benefit of all. The Earth and its resources are for all and are equitably and synchronistically distributed to all as needed. We are all one human family and we share all we are and have. Everyone freely gives all that is produced from their excitement at all times, because they realize that everyone is connected and that they are really just giving to themselves. This is all done with integrity, humility, no expectations, an attitude of gratitude and an attitude of win/win, knowing that there is enough for all.



The responsibilities for the development and distribution of all resources are shared by all. Everything is done, to the best of our ability, in harmony with nature and for the benefit of not only all humans, but all living things. Connection and cooperation, rather than separation and competition, are the order of the day.

Natural synchronicity in conjunction with those who facilitate synchronicity connects those that have goods and services with those that need them. Those who have needs will attract the people, resources, and circumstances from those who have it to give and vice versa. There is complete trust that synchronicity is perfectly orchestrating everything at all times. Synchronicity is the driving force and organizing principle that naturally distributes what needs to be distributed when, where, and to whom it needs to be distributed. If it is happening, it is meant to happen.

"It takes an agreement of all involved trusting in synchronicity and abundance for this new system to replace the present economic and monetary system..."

[Abundance](#) is knowing that you will have what you need when you need it. Hoarding and fearing that there is not enough for all comes from a belief in scarcity and is only true if you believe it. The belief in abundance will provide all you need just as surely as the belief in lack will reflect a poverty filled reality. There is plenty for everyone when we use sustainable techniques, advanced technologies, and work together. Beliefs in inequality and that others will not share what they have are major reasons for not

unifying and working together. Letting go of these limiting beliefs will allow us to come together, create a natural flow, and open the door to enjoying all the fruits that working together brings. We can accomplish many times more when we unify and work together.

Industries and Self Sufficiency

By following our excitement and utilizing synchronicity we attract all the technologies, businesses, and production facilities we need to be self-sustained. We buy, recruit and create the necessary businesses needed to sustain the Harmonious Earth network. Businesses that join are attracted to the new cooperative model. Businesses that are struggling in the existing system will be prime candidates.



Food, shelter and energy are first on the list. We start by building or buying technologically advanced greenhouses that provide year-round food and efficient housing to live in. We utilize the most advanced technologies to create our own free energy. We expand our sustainability by adding industries to provide transportation, computers, communications, construction, and other needed goods and services. We are a self-sustained world inside the world.

Production of the Highest Quality Products

Products are produced using the highest quality materials and designed with the greatest benefit to the user. This is a very different approach from the existing ownership-profit model. Because there is no money there is no cost of materials, no need to keep production costs low to produce a profit, and no need to build-in obsolescence to force a repeat purchase, or to produce what is not needed to feed a consumer economy, or advertising to get a consumer to buy more of what they do not need in order to increase profits.



“The only products that are produced are those that are needed.”

The new network will eventually provide for itself without utilizing the existing system. It will take some time to get to one hundred percent self-sustainability, but we will get there in perfect timing.

Collapse of the Present Profit Based Economic System

This is a short overview of how the existing economic system works for those that have not studied the subject. It is for informational purposes and provided with no judgments. One system is not better or worse than another. They are just different and produce different experiences.

The current economic system is based on separation, scarcity, and there not being

enough to go around. It is a reflection of our core beliefs that we are alone, cut off from Source, have no inherent value, and are not enough ourselves. It is a 3rd density energy. The following are a few of the ideas specific to the economy that have come from the beliefs in separation and scarcity.

Money is a symbol that represents the value of natural resources, goods, and services. The concept of ownership maintains an uneven distribution of assets and money creates a situation where there are those that have and those that have not. The belief in ownership and money holds the entire system up. It gives people power over other people and creates master/slave energy and perpetrator/victim energy.



There is a belief that, “If I do not have money I will starve and die, so I will work/slave to get money to survive. If I get enough money I will be a master and then I will be fulfilled, but even then I know I may lose my money to those that feel they are not enough and become a slave again, so subconsciously I stay in constant fear for my survival. Either way I live in fear.”

Profit and power are more important than anything else including people and the environment. Produce as much profit as possible, secure as much power as possible, use whatever competitive means possible within the legal system (or not) to produce even more profit, and use money and power to change the laws to meet your needs if they interfere with your profit oriented agenda.

This economic model has built-in flaws that will eventually cause it to collapse. It is based on the idea that there is an unlimited supply of people with money to buy products and unlimited resources to produce the products, and yet at the same time it is designed to siphon the money away from the “many,” who are the buyers, to the “few” who own and control the companies and use up the limited natural resources as though they will never run out. As the money shifts from the bottom to the top eventually there will not be enough people with enough money to buy the products or enough resources to produce the products to sustain the growth and profits that the system and those on top rely on. Like the game Monopoly, when only one player has all the money, the game ends and everyone loses. When enough power and money have shifted from the many to the few and enough resources have been depleted, the system will collapse.

The internet is filled with videos of how the current economic and monetary systems work. Examples include [Zeitgeist](#), [Money As Debt](#) and [Path to WW3](#). We’re not saying how accurate they are, use your own intuition for that, but if you have never been exposed to them, they can be very informative. The fact that only a handful of private individuals control the world’s money supply is very eye opening. If you have not gotten off the grid and removed yourself from these systems it may be beneficial to understand them. Many of the ideas can be fear-based and I would suggest you watch them for your own information without judgment, so you do not lower your vibration. You might only want to watch them once, just to be informed. If you are attracted to what we have presented here or are clear on a your own preferred economic system, then it may not be helpful to view them. They may be helpful by showing you what you do not want so

you can clearly choose what you do want. Always do what works for you and leave the rest.

Money

The Need to Move to a Moneyless System

On a Harmonious Earth everything belongs to everyone. There is no private ownership and so there is no need for an arbitrary symbol of value such as money to be placed in the middle of exchange. Synchronicity aligns what is produced from people's highest joy with those whose joy it is to use the products. Knowing there is enough for all and that everyone agrees to share creates a smooth flow from providers to receivers and back again.



Weakness of the Monetary System and Its Eventual Collapse

In nature everything is in harmony and realizes its interdependence on each other. The belief that we are separate and not part of a unified whole produces the idea of [individual ownership](#) and symbols like money to represent the value of what is owned.

The concept of an arbitrary paper symbol such as the “dollar” being tied to all goods and services puts all the power of valuing those goods and services into the hands of the few people who control the creation of money. It begins with good intentions and is tied to a standard like gold, but the temptation to manipulate the system for personal gain of those in power eventually wins out and the money system loses its ability to represent true value and eventually collapses.

We are realizing that we are all joined and the idea of individual ownership is giving way to sharing all resources with all who need it. This reawakened unification will ultimately lead to the discontinuation of the monetary system. Read more about a moneyless system from [Michael Tellinger and Ubuntu](#).

“It is now time in our evolution where we are moving to a system of sharing and letting go of the idea of ownership and money as a symbol of value.”

Money Is Only One Form of Abundance

Allow [abundance](#) to come in what ever form it needs to. Money is only one form of abundance and is used only when it is necessary. Using imagination to come up with creative ways to get needs met is essential. Examples of this are to work with companies to promote their products in exchange for their donating products to us or getting a discounted price. We can promote products on our website that are in alignment with Harmonious Earth values.

The point is to utilize our creativity to imagine all the ways possible to acquire what we need rather than just defaulting to using money. It will get us off the old money system of a few having all the power and move us to the new Harmonious Earth economic system of sharing everything with all.

How We Utilize Money in Harmonious Earth Communities Until We Transition to a Moneyless System

Until the [new system](#) is fully implemented we'll need to use the existing money system to varying degrees. In Harmonious Earth Communities all money is group money and is used for whatever is best for the group and best for each individual's specific needs in the group. Any money produced by the group is group money. After an individual joins the group, then the money they make is group money. Any money donated to the group is the group's money. If money is "loaned" to the group then the group would be responsible to pay it back.

The group does its utmost to accommodate each individual's highest excitement and if the only way that can happen is through the expenditure of money then the group will work together to provide it. Basic personal needs are provided for with group money.



In regard to the money, assets and recurring income an individual has accumulated before coming into the group, a new member may donate any part of or all of it to the group, or set it aside in personal accounts. It is up to each individual whether to donate their pre-existing money, income or assets, but he or she agrees not use it for their own personal benefit while being associated with the group which is functioning in a unified way.

We realize that individuals keeping money in personal accounts perpetuates the idea of individual ownership and creates a separation of harmonious frequencies among the group members, but allowing group members to keep separate money until they are ready to donate it will serve as a bridge that will allow people to acclimatize before they choose to go all in. Everyone expands at their own rate and it may take some time being with the group for them to feel comfortable with the concept of donating their money, which would be a symbol of unifying and de-compartmentalizing. It is for each individual to decide when the timing is right. Keeping personal money in savings when the group is in need of money may prove to be challenging in their own expansion process, and also to some other group members who have not yet integrated their beliefs about it, but it's all perfect and serves as lessons to aid in expansion. Withholding anything perpetuates compartmentalized consciousness which is the very thing we are moving away from, but we are all working on this to greater or lesser degrees and we need to accommodate everyone's personal process.

Section 3

Laws of Creation — Physical Reality

The Laws of Creation

There are 4 laws of Creation/Existence that allow you to experience everything you experience. They give structure to Creation and cannot be broken, unlike regulations or rules that can be made up and changed. They are even beyond the laws of physics, because the laws of physics only apply to the reality they are in and different dimensions are governed by different physical laws. The 4 laws of Creation are the laws that apply to all of Creation and all of Existence.

You Exist

You Exist Now, You Always Will, and You Always Have



You exist. You cannot not exist. If you take this out to its ultimate logical understanding you realize that if you exist now you always will and you always have. You are eternal.

You are consciousness. Everyone and everything is made of consciousness and exists forever. You are “is-ness.” To be is the only quality you have. Is-ness does not know how to become non-existence and there is no room in non-existence for existence.

“You exist, and if you do exist, you always will and always have.”

You Exist As a Multitude of Expressions

You can exist as an infinite range of different ideas, including different beings, times, and places, but you cannot not exist. You are a freewill entity and you operate as various perspectives on various levels.



This [Physical incarnation](#) is an example of just one of the possible expressions out of an infinite sea of possible expressions that you can choose to exist as. The idea that you are a mind in a body is a limited perspective that you have temporarily chosen to take on for your own specific reasons. Even in this incarnation, you are far more than a mind and body, you are actually the complete reality that you are experiencing.

Yes, it is true that this physical incarnation will end and that is called death, but that does not mean your consciousness that you really are dies. Physical death is the transition from the limited focus of this particular physical incarnation to a broader focus of the oversoul that you also are. Being born is a transition into a narrower focus that you achieve by incarnating into an individual soul from the oversoul. Either way you always exist, you are just looking through different filters that provide different perspectives. As you go through the process of shifting your perspectives and expanding, all that you will ever uncover is more of yourself. This is the purpose of existence, to know yourself.

The One is the All and the All are the One

The One Is Made Up From All the Pieces



The One (or Creation/God) knows itself as the One and all the pieces. All of the pieces together form the One. Creation is made of the Creator. There is no outside to Creation. Every discrete part and piece is part of the same whole and just like a in hologram, every part is the whole.

"You are a holographic representation of Creation."

You are Creation expressed as an individual part and the same is true of every other individual and every other thing. Each seemingly different individual is "the One" and "All That Is" experiencing itself from a different point of view. You and everyone and everything are not only all connected, but actually the same one thing.

Everything is Made Of One Thing

The prime radiant is a concept that explains how everything is made from one thing. Imagine that there is just one particle and it has no mass and it can move at infinite speeds. If it moved at infinite speed, it can be everywhere at the same time appearing as if it is a multitude of particles when infact it is all the same particle moving back and forth in an intricate geometric pattern. It makes the Universe appear as though it is full of different galaxies, stars, planets and particles, but everything is actually made out of the same one particle. This not only applies spiritually, but also physically.



As the particle crosses its own path it becomes denser and denser. Gravity is created at the places where it crosses itself. This interaction with itself on different path form different states of reality. Everything is really just one thing. It is All That Is. It is the One.

Realizing Your Oneness with Everyone and Everything

When you realize that you are one with everything, that you are just interacting with yourself, and that nothing and no one is outside of you, it is easy to fall in love with everyone and everything. This awakening process occurs inside of you and is expressed outside in your physical reality as being joyous, kind, and compassionate. There is no one out there attempting to harm you but you. You can stop the shadow

play and take control of your life, because you realize you are the one who is doing it all.

Harmonious Earth is about realizing your connection with everything and respecting it, while at the same time fully expressing your own individuality. Unity is not the product of homogenization... [Unity is the product of the validation of every single difference as equal](#). We are all essential and unique pieces in a puzzle picture and by being our true selves we enhance the whole.

What You Put Out You Get Back

Your Frequency Determines What You Experience

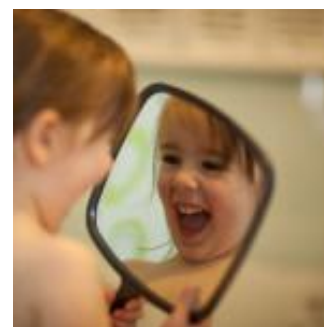
The energy (vibration/frequency) you put off is based on your strongest beliefs, emotions and behaviors, and determines the kind of reality you experience, because there is no reality aside from your definition of it. What you put out you get back. You cannot experience what you are not the vibration of. Your vibration is the “TV” channel you are tuned to. You shift by changing your frequency.

“You attract what you are and repel what you are not.”



Physical Reality is a Mirror

Physical reality is literally like a mirror. It does not exist except as a reflection of what you most strongly believe is true. If you look into a mirror and see a frown, you know that it would be senseless to reach out and attempt to change the frown in the mirror. You know you must smile first for the frown to change in the mirror. The image in the mirror will never change unless you change first and conversely if you change, the image in the mirror must also change to match what you put out. The same is true for physical reality, because it does not have a mind of its own. It is just a reflection of you.



What You Put Out Is Determined By What You Believe

If something is not working in your life, it means that what you are putting out is out of alignment with your signature vibration. What you put out is determined by what you believe, so the way to change your



experience is to change your beliefs. The beliefs may be subconscious as well as conscious. You can transform the belief or definition that is causing you pain by simply identifying it. Negative definitions and judgments can be released the moment you realize you have them, if you believe they can. When you realize you have them and they no longer make sense to you, Believe that they are gone and they will be. See more

on shifting beliefs in the section on [Beliefs and Definitions](#).

You have a core signature vibration that is who you truly are. It is the vibration of joy, bliss, and excitement. When you feel these emotions, you know you are being your natural self. If you experience pain, it is because you are resisting who you really are. All pain is resistance to the natural self.

Life in and of itself is neutral and comes with no built-in meaning. You give life its meaning with your definitions. Your experience of any person, situation, or thing is determined by your definitions. You *are* the experience you are having itself. There is only one mechanism for motivation and that is your belief that your behavior will bring you more pleasure and less pain.

Everything Changes

Change

Everything changes except... your existence, the All being the One and the One being the All, and the law of attraction and repulsion that says what you put out you get back.

You are consciousness and are shifting that consciousness through billions of realities per second, and this is what creates the perspective of movement. You are never the same thing twice. That person was you, but you were never that person.

Everything changes when you change anything. Every change is a complete change, including the main characters, stage, backdrop and props. You are literally a new reality every moment... not a new person, but a complete new reality. The thing that is actually changing is your perspective.

“Everything changes except... your existence.”

Everything that exists has always existed and always will exist, so nothing is ever new except your perspective. Each moment is a distinct reality and is frozen and will never change, like a snapshot on a frame of film. What changes is your perspective. Your consciousness shifts across these frozen realities or frames of film to create continuity and linear movement through time and space, just like the projector light that shines through the frames of movie film as it moves through the projector. You are constantly creating the experience you are having. That is reality.



Changing The World



You will never change the world you are in or anyone else in it. To change your world, change your energetic vibration and take yourself to a simultaneously coexisting world that you prefer, of which there are an infinite number, populated with people who are more representative of that frequency. The other world will still exist; it will never change. All realities exist forever. All you do is shift to the one you choose to experience in the illusion of so-called change. It is not that anything out there has actually changed; it's that you have taken yourself to another parallel

reality and are now getting a reflection of a completely different world.

If Change Does Not Occur

[Once you decide to change, nothing in the Universe can stop you](#) and nothing in the Universe would stop you, because you are your Universe. Not for one second is anything ever withheld from you that you decide should not be withheld. There is no

reality except for what you define it to be, so when you change your definitions, your reality must change. If you experience something that you say you don't prefer then you know you have a definition, conscious or unconscious, that says to change would be more painful than what you are experiencing right now, because your only [motivation](#) is to move towards what you believe is more pleasurable and away from what you believe is more painful.

Change is Instantaneous

Change is instantaneous. You do not need to "try." All the trying and process is just the amount of time you believe you need before you are ready to actually change. Process itself does not bring about the change, it is just the time you need before you decide to make an instant change.

Everything is Here and Now

Everything is Here and Now



There is actually only one moment and one place. Everything exists now and everything is here. The structure of everything already exists, always has, and always will, but your perspective and your experience is new, so live in the now moment as though it has never happened before, which from your perspective it has not.

The flow of time is just the same one moment from different linear perspectives and moving through space is also just shifting perspectives. Time and space are the same thing; they are mental constructs created by our consciousness as a part of this particular dimension.

All time is now. The past is created from the present. There is no past and future except what we make them up to be from the present moment. All lives that seem to in the past and future are happening now. When you tune into other lives, you are just cross connecting to simultaneous incarnations.

All space is here. All space is in you; in your consciousness. All locations are in you. When you are moving through space you are moving through your consciousness. An object does not exist in a location. Location is one of the variables of an object and if that object is you then you can change your location by changing you. You change your location by changing your frequency because you are energy at a particular frequency.

The Location where you live is important, because it is part of the frequency of the holistic reality that you experience yourself as. You are not just an individual being in a world, you are your complete reality and location is a part of that.

“There is no past and future except what we make them up to be from the present moment.”

Synchronicity

Synchronicity is the physical translation of everything happening at once, in perfect timing, as it needs to, and everything being connected. Live here in the present and allow the synchronicities that you experience to demonstrate to you that everything already exists here and now.



Everything Is Perfect

If it is happening it is meant to happen. Creation makes no mistakes. What you are putting out you are getting back. See the benefit of what is happening in each moment and accept it as a perfect creation. What you are experiencing is a perfect creation of what you are putting out. If it is not your preference, then you can change your vibration to create the next perfect moment that is more in alignment with your preference. This approach validates the path you are, the stepping-stone you are on, and allows you to then take the next step in an empowered way knowing it will be another perfect creation. Defining where you are as perfect empowers you to know that you are a perfect creator. From this perspective you are empowered to create what you prefer.

Physical Reality

What Is Physical Reality?



Physical reality is something you create within your consciousness. It exists inside of you, not outside of you. There is nothing “out there.” It is all inside of your consciousness. The physical universe does not exist without you. You are it, it is you. As you awaken you realize that you “are” the reality that you previously thought you existed “in.” Traveling in space and time is traveling in you.

Physical reality is a reflection, like an image in a mirror. You know that to change your image in a mirror from a frown to a smile you have to smile first before the mirror can reflect it back to you. You wouldn't reach out with your hands and try to grab hold of the edges of the mouth in the mirror and turn them up.

To change physical reality change your vibration, change your frequency, change your state of being, change what you are putting out first and then the reflection, which is physical reality, can change. Do not be concerned if the characters on the stage appear to be the same. You will be getting a different effect because that is what you are putting out. It doesn't matter if the characters are the same if you are having a different experience. Your experience is what matters. What you experience is your reality. Your experience is who you are. You are the cause and the effect. When the image of physical reality needs to change it will – in its own perfect timing.



Levels of Consciousness – That Make Up This Incarnational Experience

Your consciousness tightens its focus many levels to reach physical reality. As stated in the Laws of Existence you are All That Is expressing itself as particular perspective called physical reality. There is the One, there is All That Is, and there are levels upon levels of consciousness



beneath that. There is the level of Earth consciousness which is made up of several hundred thousand oversouls that contain the billions of individual incarnations we know as people.

The oversoul breaks itself into nine levels of consciousness to be the individual incarnation that you know as the person you are. The levels of consciousness immediately relevant to Earth are: oversoul, individual soul, higher self, template reality, automatic collective mind, automatic individual mind, unconscious, subconscious, and conscious minds. Each level is denser than the previous one. As you expand and become more enlightened you become more aware of the levels above.

Physical Self and Higher Self

You can also view the nine levels of consciousness as being broken into two parts, the higher self and physical self, or also called the higher mind and physical mind. The higher mind is 5th density non-physical and acts as a guide that has a bird's-eye view because of its infinite perspective. The physical mind is made up of the bottom 5 levels of consciousness, is 3rd density, and is down in the valley, so to speak, and has a limited perspective. The higher mind "conceives" what is going to happen, the physical mind only "perceives" what is happening, and the brain "receives."



The template reality is the level of consciousness that separates the higher mind and physical mind. It is the realm where the life theme or blueprint of life is laid out. It is 4th density energy, quasi-physical, dream-like and the place you can change who you are. You spend more and more time there as you ascend and expand.

The purpose of the physical self is to allow you to stay focused in physical reality and have a physical reality experience. It is like a mask a diver puts on to experience life underwater. The physical self is the mask and the higher self is the diver.

The 3 main aspects of the of the physical self are: 1-Beliefs/definitions found in the unconscious mind. 2-Emotions/feelings/motivations found in subconscious mind. 3-Thoughts/behaviors/choices found in the conscious mind. Your choices are based on your motivations and your motivations are based on your definitions. This one sentence describes the mechanism behind everything you experience.

Your Powers in the Physical Reality Game

Understanding that [your purpose](#) here is to be the most you can be and understanding the powers you utilize to make that happen while playing this physical reality game are essential to being able to play the game with mastery.



You come into physical reality to experience and expand your understanding of yourself. The mechanism or powers you use to accomplish that are as follows: *Perceive*, which is to become aware or conscious of something. *Choose* what is most exciting to you from your perceptions. *Act* on your excitement to ground it into physical reality. *Experience* something when you take action on it. *Reflect* to yourself what you have created so you can learn. *Grow* from your learning. *Transcend* and go beyond what you were before. *Forget*, so you can begin anew

from a fresh perspective to experience yourself in new ways, taking new actions that allow you to be more of who you are. Forgetting is a wonderful power to make something appear new in the face of everything already existing. Taking a new perspective is an amazing power indeed.

“Understanding the powers you utilize to be the most you can be are essential to being able to play the physical reality game with mastery”

Experiencing yourself as physical reality expands your knowledge of who you are. The powers you use in creating your life are: perceive, choose, act, experience, reflect, learn, grow, transcend, and forget. By utilizing these powers you move from being an apprentice, to an adept, to an alchemist. It is a cycle you do again and again forever expanding in your knowledge of who and what you are.

Physical Reality is a Game

Incarnating into physical reality is like choosing to play a game. The current players, the game board, and most things in the game are set up to perpetuate the game by making it appear that what is real is an illusion and what is an illusion is real.



By incarnating you put yourself into a kind of sleep where you forget who you really are and become reflections of who you are, which are represented by what appears as things outside of you. You are your life becomes a house of mirrors where you and everything around you is something different than it really is. Birth starts the game and death ends the game. You play the game over and over, again and again from every angle until you learn everything it has to teach you and become a master at playing the game. You are a master when you wake up and know your true infinite identity while you are still inside the finite parameters of the game.

When you are awakened you understand how to utilize the power of the illusion rather than being under the illusion of power, you have shifted to a different game where you play knowing that what is real is the experience and not the made-up reflections that appear to be outside of you.

The game has different levels of consciousness or scales of awareness, which are sometimes referred to as 3rd density or 4th dimension. The game where you are awake is a 4th density or 5th dimensional game. The 3rd density game is limited, for the most part, to the idea that the only people that exist are those on Earth. The 4th density game is more open and expanded and includes many players from many civilizations throughout the galaxy and beyond.

The physical self is like a diving mask. It is not you. It is just the head gear you wear to have certain experiences and play the game.

All of the people and things in your game are projections onto your higher mind mirror, which is like a holographic screen of your own universe. It is like you make up a video game inside yourself that you are playing inside of your own consciousness. All the people that you interact with in your virtual reality game are doing the same thing as you in their own virtual reality universe. You are not really interacting with them, because you make up your version of them to interact with on your screen and they make up their version of you to interact with on their screen.

The only way to interact with others is by agreeing to do so. If you do not choose to have them on your playing field, then they will not be there. If they are on your playing field and you do not want them there, then you know that you must be choosing it on an unconscious level. If you want certain players on your field of play, then those individuals who have representations of those certain players will synchronistically show up to play with you.

You will know that you have reached a certain level of mastery of the game of life when all the tools and techniques of playing the game seemed to have merged into one idea, which is to simply "Be Who You Truly Are." The way to do that is to be present in the moment expressing your joy.

Following Your Excitement

Following Your Excitement

Follow your highest excitement every moment to the best of your ability, with integrity and without expectation or insistence on the outcome. “You” are the experience All That Is is having of itself. When you understand that you are the experience you are having itself, then it becomes obvious to act on your joy in every moment.



“Excitement is your body’s physical translation of the true core nature of who you really are”

Your Higher Self Knows the Way

To be the most natural true self that you can be, follow your joy, bliss, and excitement. Your signature core vibration is the same frequency that you physically experience as excitement, joy, and passion. When you feel these emotions it is your higher self telling you to go in that direction and that is who you truly are. Taking action on your excitement is the way to be the most authentic you that you can be. It is the way to live your life purpose.



Your higher self sees the big picture and “conceives” how the fullest life for you is going to happen. Your physical self only “perceives” what is happening and has no ability to conceive how anything happens. Your brain is the receiver that “receives” the information from the higher self. Your imagination is the conduit your higher self uses to communicate with your physical self. You in the flow of life when you allow yourself to be guided through your imagination, follow your excitement, and let go of the steering

wheel and stop attempting to control physical circumstances and allow the higher self to do the driving.

Life works automatically! You do not need to question it, manipulate it, or control it. You are always completely abundant and have what you need when you need it. If you do not have it, you do not need it. To experience being in the flow and life naturally working on its own, you have to let go of limiting beliefs that are preventing it from flowing and follow your excitement.

When you follow your excitement, you are following your higher self, and you will be synchronistically led in perfect timing to the exact locations, circumstances, and people that are necessary for you to be the most that you can be. Your higher self is doing its utmost to bring you what you need. All you need to do is stop resisting and let go of what is trying to get away from you and let in what is trying to get to you.

Your Excitement Is A Complete Kit and Will Provide Everything You Need

Following your excitement in each moment can sustain you if you believe that it will and do not place limits the form in which it does so. You must allow your excitement to be holistic and include everything that is necessary for the expression of your excitement as a whole. Excitement is not limited to just the particular thing that excites you, it also includes all those things that allow you to do what excites you. If what excites you requires transportation, a place to live and food to eat, then getting a car, a house, and food becomes part of the excitement package in addition to being a dancer, an artist, or whatever your particular passion is.



The reason that your excitement will sustain you if you believe it will is because it must follow the law of Creation that states what you put out you get back. This is not just a nice sounding statement, it is physics. When you act on circumstances that contain the highest level of excitement, then you are squarely aligned with your true self, and as your true self you automatically contain everything you need to continue to be your true self. If some function or discipline is required to complete the container that is your true self, then it will automatically be there in whatever form serves you best.

You will function holistically as one event rather than separating yourself into separate compartments with a 'to do' list of all the things that need to be done. All that you need will be provided as one complete kit if you follow your joy without expectation and trust that everything you need will be provided. You will be guided to do exactly what needs to be done and nothing more. If something is not provided, then you do not need do it and it may be a sign to go in another direction. If you have taken it as far as you can go and can go no further, then look around for the next most exciting thing to do and do it.

Excitement Includes What is Best for the Group As Well As Yourself

It is not only about what is exciting for you, but what is exciting for all. Even though you are your own universe, there are other beings too and [the good of all involved](#) must be considered when



following your excitement. Excitement needs to be looked at holistically from the point of view of what would be exciting for the individual “and” what would be exciting for the the group. From a holistic perspective you realize you are the group as well as an individual aspect of the the group.

Why it is So Important to Let Go of Expectations

Tying expectation to excitement nullifies the excitement energy. For the authentic energy of the excitement to stay intact you must follow your excitement for the sake of the excitement and not for what it will bring. Following your excitement is not about getting what you want, achieving a goal, gaining success, or any other means to any end. Those things are outside of you. Following excitement is about doing it for its own sake, just because it is exciting, without leading to anything else. It is about choosing the thing you want to experience and doing it simply because you love it.



The actions and behaviors that you take that are connected to your excitement are physicalized reflections and expressions of the excitement's frequency. The action follows the excitement frequency, the frequency does not come from or follow the actions. Energy first, physicalization second. Actions do not mechanically get you the thing you want. The thing you want comes instantaneously by being the frequency of it and they are manifest physically through your actions and behaviors.

You are already everything and lack nothing, so all that is left is to experience what you already are. You can never really get anything, because you already are everything. All you can really do is set up ways to more fully experience yourself, which is the reason why you put yourself into physical reality. You just have to remember this fact and demonstrate that you do by staying in the moment and living your joy.

The reason that being present in the moment, following your joy, and doing what is fun for its own sake is so important is that it is the only part of the game of life that is real. It keeps you on track, so you do not get lost in the dream. What you are really inspired to do is who you are, not what you think you should do, have been programmed to do, or are doing to fill a false lack inside of yourself.

Following your excitement just for the sake of the experience is the only way to be who you truly are. To live an awakened life it is essential that you remember that you are the creator of your life and that the world around you is a dream made up by you and is being projected onto the mirror of your higher mind and reflected back to you.

If you are doing anything to get something outside of you, then you have subcome to the illusion and are asleep in the dream. The experience you are having is the only thing that is real. What appears to be going on outside of you is really going on inside of you. It is your your own consciousness making up your own movie of smoke and mirrors to give you the experience you are having. It is just a dream you are observing inside yourself. You are the experience you are having itself.

Again, remember that when you do anything out of expectation of achievement, success, security, obligation, or to get something beyond the sheer joy of just doing what you are doing in the present moment, you have slipped back into the illusion of the dream, forgotten that you are the dreamer of the dream, and now become a character inside the dream with all the restrictions of that character. You are asleep and believing the images that you are interacting with are real when in fact they are projections by you onto your holographic screen that you call physical reality.

Do not be tricked into thinking that the excitement of the hero of your dream, which is your physical persona and which you might think is you, is the same as the excitement of the creator of the dream, which is your higher self. Your higher self's excitement is often very different from your physical self's excitement. The characters you create are necessarily limited, but as the creator you are unlimited. This is one of the tricks of the game you have to be very proficient at identifying in order to wake up from the dream, stay awake, and be a masterful dream creator. As you do your personal work and become more of who you authentically are you will become more proficient at knowing when you are asleep in the dream and awake and what is your true excitement is and excitement of the physical self that is a cover for anxiety. This is the reason you are here, to have the experience of becoming more of who you truly are.



Determining Whether it is Excitement or Anxiety

You have to be honest whether you are actually experiencing excitement or anxiety. Sometimes you may say that this excites me, but in fact what you are doing is running away from your excitement and actually pursuing something out of anxiety. The physical mind may lock itself into negative definitions of lack and “want” things to fill a hole in itself when it really does not “need” those things. It may see what it “wants” as exciting, but it is really just an effort to cover up the lack it feels.

Being relentless about acting on your excitement will reveal hidden definitions in your unconscious that are out of alignment with your natural self, reconnect you with source energy, and open your root chakra. You cannot go in the wrong direction. Even going down the path of fulfilling the anxious desires of the physical mind can be beneficial to you by revealing hidden limiting beliefs of lack and show you that it was anxiety you were pursuing and not true excitement from the higher self. You get better at distinguishing between the two with practice and when you are honest with yourself, you will know the difference, because the two energies feel different. You will come to know that you deserve to exist, stop covering up anxiety, lose all feelings of lack, and become truly self-empowered.

Your Purpose is To Be You As Fully As You Can...And that is Achieved By Following Your



Excitement

Your purpose and mission is to be you as fully as you can, and the way to be the most you that you can be is to act on your highest excitement each moment to the best of your ability without any insistence of the outcome. You are unique. This is the only time you will ever be this you, so take advantage of this moment and be the most you that you can be.

Trust that “life works” naturally on its own and have fun living it. You create a Harmonious Earth by following your excitement and living your highest joy. This is of utmost importance because the energy of excitement is your physical body’s representation of your true natural self. Following your excitement is the path to being more of who you naturally are, a path to the new world of the love you desire, a path of ascension.

Permission Slips

Everything you find that is exciting is a permission slip for you to be your true self. Whatever tool, technique, ritual, or object that you are attracted to is a permission slip that your higher self has designed for you to be more of who you truly are. Permission slips are those things that are aligned with your belief system that you use to allow yourself to be more you. The tool, technique, ritual, or object is not doing anything in and of itself, you are the one who gives it its power. Permission slips let it be alright for you to be more of who you are. It does not matter what the permission slip is, except that you are attracted to use it. It may not work for anyone else, but that does not matter as long as it works for you. The only thing that makes a difference is that you are attracted to it. The reason you are attracted to it is because it is aligned with your belief system.



There Will Always Be Challenges... And That Is Exciting!

You will always have challenges, because they are an integral part of the game of life and essential for you to experience growth, expansion, and diversity. Rather than using the word like hard or difficult, use the word challenging, because it does not carry with it a negative judgement. It more accurately describes the attitude you desire to approach life with and true nature of experiences that really are exciting and adventurous. With your advanced understanding of the structure of physical reality and the nature of existence you are in the flow and work through challenges joyously. Challenging issues that come up are discussed openly and resolved with an attitude of win/win for all. It's easy when you follow our higher guidance.



Abundance and Manifesting

You Are Already Abundant

“Abundance is the ability to do what you need to do when you need to do it.”

You are already completely abundant. You lack nothing. You always get back an abundance of [what you put out](#). Abundance is a state of consciousness. Abundance is a perspective. It is knowing that you are Source energy and that you are enough.

A Harmonious Earth is an abundant Earth. The two go together. Being harmonious and abundant is realizing that [you are an aspect of All That Is](#) and have access to All That Is at all times. You know there is always enough and that you have what you need anytime you need it, and so you take only what you need when you need it and leave the rest.

The reason for using the word “need” rather than “want” in saying that “Abundance is the ability to do what you need to do when you need to do it” is because the physical mind may lock itself into negative definitions of lack and “want” things to fill a hole in itself when it really doesn’t “need” those things. You’ll always have what you need when you need it, but it may not be what your physical mind thinks it wants.



Manifestation is Making the Invisible Visible

You manifest what you believe is true. You already manifest perfectly. Manifestation is instantaneous. You do not have to learn to manifest, you just have to learn to manifest what you “prefer” and not manifest what you do not prefer. Manifestations that you do not prefer come from limiting beliefs that you may or may not be unaware of and that are often hidden in the unconscious and subconscious parts of yourself.

Manifestation is not the process of bringing into existence something that doesn’t exist; it is simply an alteration of perception, which is the alteration of beliefs. Everything already exists and is already manifest. Manifestation is the process of making the invisible visible. You make it visible by believing in it. If it is invisible to you, it is your strongest existing beliefs that are making it invisible. When you shift your beliefs you shift yourself to a parallel reality whose vibration is already reflective of a reality vibration you prefer and you will experience the reflections of those new beliefs.

To be proficient at manifesting what you prefer, you must be very clear that your strongest beliefs, whether conscious or unconscious, create your manifestations. Manifestation may not occur if you have any doubts attached to those beliefs. Once

you've imagined what you prefer and adopted the [new beliefs](#), allow yourself to trust and behave as though it is done. See it, think it, breathe it, act it, talk it, and walk it without any expectations. Know it is your new reality regardless of what exterior circumstances may look like.

Surrendering and accepting “what is” demonstrates it is who you truly are, you believe it, and are the vibration of it. Do not look to the reflection of physical reality for verification, because that just demonstrates doubt which will undermine the process. Know that you have changed because that is who you are and trust that when you need to see the reflections of your new beliefs in physical reality, you will.



When you learn to do more with less, you will be able to do less and get more. When you do the best you can with what you have you radiate an energy of conviction that increases what you have and attracts more.

You have changed your perspective and are looking through the eyes of a different world. You never really change the world you are on, it still exists, never changes and will always exist; you simply shift to a parallel reality Earth that reflects your new beliefs.

Manifesting by Visualizing and Behaving As If

In order to manifest and experience the reality you prefer, you must be the vibration of that reality first. You already are the person you want to become. You just have to know it, and then you will act like it, and then you will be it and experience it. You can shift to any reality instantly, but the catch is that it may take some practice to know that that is how it works.

A technique you can use to become more proficient at shifting realities is to visualize your preferred reality and then notice the differences between how you behave in that reality and how you behave in this one and then start acting in every way you can like that version of you in the preferred reality. The more you reflect and mimic that version of you, the more you will have that reality.

Learning To Do More With Less

One of the keys to abundance is learning how to do more with less, so you can do less and get more. When you are filled up by just sitting in the sun, walking through nature, or any number of other activities, then you really understand concept of abundance. This does not mean that anything is wrong with indulging in the luxuries of life, but it is important to expand your definitions of abundance to include all forms. Be aware that beliefs in lack and powerlessness are often the driving force behind acquiring unnecessary material possessions to make yourself feel full and the need to manipulate

and control others to make yourself feel more powerful.

Energetic Frequency, Density, and Dimension

Definition of Energetic Frequency



In this age of awakening we are operating on higher and higher frequencies. In our past we have chosen to have a very limited and focused experience and we did this by establishing limited beliefs that only allowed certain information into our awareness. Now that we are choosing to let more information in, we are letting go of the limiting

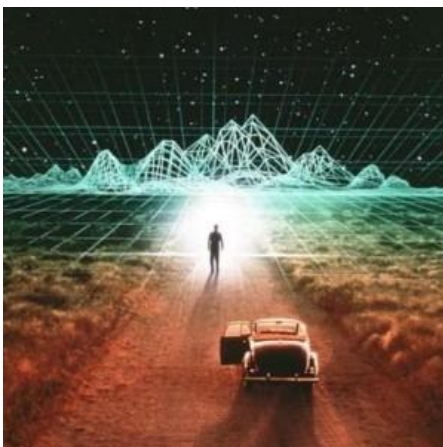
beliefs that have prevented us from being all we can be.

Frequency is the vibrational rate of consciousness. Everything, including matter, is energy vibrating at a certain frequency. Different states or properties of objects are created by their different frequency rates. As the frequency rate rises, more information is made available. The invisible becomes visible. The information has always been there, but now it can be experienced.



To operate at a higher frequency means you have more frames per second moving through your consciousness and there is more information on those frames. Raising your frequency is like upgrading to a computer screen that has more pixels, higher definition, and even multiple channels all at the same time. It's like watching a high definition movie in 3D virtual reality versus an old flat VHS movie. Operating at a higher frequency allows you to more easily switch between multiple channels on your TV set of life.

There is Nothing Outside You

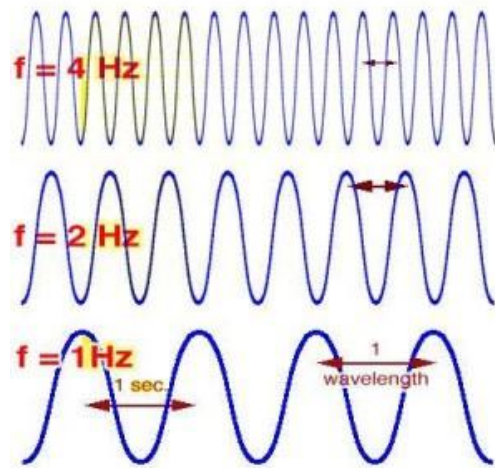


Physical reality is a projection that is being reflected on the mirror of your higher mind. You are your own holographic universe. [There really isn't anything out there](#)...outside of you. It is all inside of you and made of your own energy that you put out. The way you "put out" your energy is by strongly believing in something. You don't need to learn how to do this; you do it automatically. You just need to get conscious control of it. The trick is becoming aware that this is what is happening and then knowing how to change the channel

you are watching by changing your frequency. Each of your beliefs is a specific frequency. [You shift your frequency by shifting your beliefs](#). To do this you have to be open to it, which requires you to be operating at a higher frequency.

How To Raise Your Frequency

In order to raise your frequency you have to become aware that there are differences in frequencies, which often are your subconscious and unconscious beliefs. For example: When someone walks into a room and you feel dark or negative energy around them, or the opposite when someone enters a room and you feel uplifted by their energy, you are aware of different frequencies. Another example is environmentally or situationally, like when you're driving in traffic versus walking through nature. Both have very different frequencies of energy, one being chaotic, intense, and serious, and the other being calm, harmonious and uplifting. Becoming aware of how different people and places make you feel is necessary to uncovering the beliefs behind the feelings. You cannot have an emotion without having a belief first. When you feel a certain way, that is the signal that you have a belief that is creating that emotion. Knowing that emotions are always linked to beliefs and that limiting beliefs must be expanded is essential to raising your frequency and shifting your state of being.



Another thing to remember when learning to shift frequency is that all energetic frequencies are equally valid and that the frequency you are presently choosing is just your preference in this now moment. It is just a matter of what you prefer. “Higher frequencies” are literally lighter; check out the attached image. A lower (no worse, just physically different) energy would be one that is more dense physically or slower, which is shown in the image as 1HZ. A higher frequency is faster, making it less physical and more light which is shown in the image as 4HZ.

A holistic approach that includes physical action is needed if you intend to raise your frequency and experience more light. You have to behave in an integrated, expansive, and loving way in addition to feeling it and thinking about it. You are playing the physical reality game here in this incarnation and part of the game is to ground the energy into physical reality so it can complete the circuit. You have to physically stop participating in frequencies like war, manipulation, and segregation which have a polarizing effect towards the negative and are of a lower denser frequency. When you are physically compassionate, kind, work together, see the similarities, and love each other you are operating on a higher frequency.

The best way to raise your frequency is to [follow your excitement-joy-bliss](#) to the best of your ability, with integrity, and no expectation of the outcome. Doing this will teach you

about the different frequencies you are operating on. Just think about it, if you are doing what you love then you will naturally be operating at the highest frequency in that moment and if you do that then you will be having fun and being happy which is your natural self!

“To be free to expand, define things as positive and negative energy rather the good or bad, so that there is neutrality without judgment or a fixed energetic charge.”

Matching Only The Frequencies You Agree To

The only way you can experience anything is by agreeing to match that frequency. You will be invisible to frequencies that are not your preference even if someone has negative intentions towards you.

You may still be able to naturally observe them, but if you do not agree that it is your preferred reality then you will not mirror or match that vibration and will not take it on. No one can do anything to you. You cannot be a victim. Everything is a free choice.



Frequency/State of Being Matters, Circumstances Do Not Matter

Your frequency is what is creating your experience or circumstances. Nothing in all of existence can contradict this, because you are the consciousness that is creating it all. Circumstances are not creating your state of being. Put simply [circumstances don't matter, state of being matters](#). This is a play on words and has a double meaning, because matter is literally created from energetic frequency, not the other way around.

When you define that everything that happens in your life is positive, it does not matter what happens. Why care what happens if you know that whatever happens is going to have a positive effect? If it is all for your own benefit then you can let go of caring about circumstances, relax, and enjoy the journey. Your higher self has the steering wheel and knows what it is doing. Let it drive and let your physical self observe the ride and work together with the higher self doing what it is instructed to do. That is all there is to it.

Life Has No Meaning, Except For What You Give It

The meaning something has is the meaning you give to it. All circumstances and objects are just neutral props. You give them their meaning. What you put out you get back. [Life has no built in meaning](#), so all the meaning that you place on neutral props are being mirrored back to you and



experienced as your life.

If you are not happy with the circumstances you are experiencing, then you will continue to experience unhappiness. The way out is for you to redefine those same circumstances as beneficial and see the value in them. They will then teach you what you need to learn and once the lesson is learned they will never be experienced in old negative way again. The same circumstance may occur, but you will not experience it as negative.

Define everything that is happening in your life as positive and as what needs to happen. Say to yourself, "If it is happening then it is meant to happen." This will change your frequency and you will experience a new image, or the old image in a new way, on your giant holographic big screen TV of life.

Dimension vs. Density and Shifting Between 3rd and 4th Density

Density is a term used to indicate vibrational frequency. It is defined as being the measurement of mass, consistency, or how dense something is. The word Density is used in a scale to denote the differences of frequencies between realities. Using a 7 density scale model, our world is currently a 3rd density frequency making the shift to 4th density.



A dimension is the measure of spatial extent, especially width, height, or length and implies location. So we are a 4th dimensional reality, which include 3 dimensions of space and 1 dimension of time. We are presently in the process of shifting to a 5th dimensional reality where we include existence beyond space and time. We are shifting from 4th dimension to 5th dimension. 3rd density is equal to 4th dimension and 4th density is equal to 5th dimension.

3rd density reality is designed to be limiting and segregative. It provides an opportunity to experience individual identity and separation from, rather than connection to, other human beings, nature, Earth, extraterrestrial beings, energetic beings, and All That Is. In 3rd density change is slow and difficult, and time and space are solid.

4th density is expansive and integrative. When you are operating from a 4th density frequency you know that you are a multi-dimensional being, change is fast and easy, time and space are malleable, flexible and fluid. You know you are connected with All That Is and you understand how you are connected with other human beings and at the same time are still an individual entity. Read Lyssa Royal [more information on densities](#).

Removing Negativity – Judgement of Good and Bad – Motivation

Removing Negativity and Experiencing What You Truly Prefer...

To truly experience a Harmonious Earth you have to be truly harmonious in yourself, which means you have to have harmonious belief systems, because it is through your beliefs that you derive the images that are presented on your holographic screen of life. To the extent you experience the polarity of right and wrong, good and bad in yourself you will experience it on your Earth. If your Earth is reflecting that it is in conflict, it is serving you by providing a mirror for you to see that you have beliefs of conflict that are generating your conflicted experience.



The work then is to put yourself out there [following your excitement](#), living the fullest life possible, and watching what comes up. When disharmony comes up you know you have an unconscious belief that is out of alignment with your authentic self, which is always naturally harmonious. [Identify the belief](#) and change it to one that is harmoniously aligned. If you play it safe and don't live your highest joy you will not be able to dig out the hidden beliefs that are causing disharmony in your life and you will not evolve and be the most "you" that you can be, which is the reason and purpose you incarnated in the first place.



You may still understand what you are by seeing what you are not in the reflection of others for a while. As you work through your beliefs and become clear about who you truly are, you may experience representations of people who are not fully aligned with what you prefer, but that is because you are not fully aligned with what you prefer and they give you the option of seeing what you are by seeing what you are not, for that is still a common way of understanding who you

are. When you no longer need to see the opposite presented and you understand who you are for its own sake, you will no longer experience that polarity.

When you look out and see things you don't like, you create resistant energy that will have to be removed before you can stop experiencing it in your reality. In order to stop experiencing what you don't want stop giving it energy by making it wrong, recognize its value, appreciate the purpose it serves, and know it is a valid aspect of Creation. What

you resist persists. To release the energetic charge let go of the judgment that it is “wrong” and accept it as just another choice that is as valid as any other.

Focus *only* on harmony rather than on any disharmony. What you put out you get back, so if you focus on what you do prefer and not on what you don’t prefer, you will experience only what you do prefer. With this approach, for the most part, you will find yourself interacting only with individuals who are similar in vibration to what you prefer.

By adopting the belief that everything is neutral, has a reason for existence, is free to experience what it prefers, and is as valid as anything else, you give yourself those same things, you validate yourself and give yourself the freedom to be whatever you choose to be.

Polarity – Defining Things as Positive and Negative Rather Than Judging Them As Good and Bad

Living fully is about freedom and expansion. Limiting beliefs come with a self-perpetuating mechanism that makes them seem as if they cannot be changed: “You will not survive if you attempt to change these beliefs because they are the only things that are *true*.” This focus is necessary to provide the intended experience that the belief was designed to give you. You know you have uncovered a limiting negative belief when you have judgments of right and wrong, good and bad. Judgments act as locks that keep you and your beliefs fixed in place.



Right and wrong are perspectives, subjective judgments, the meaning that you give to something. If you let go of judgments and realize everything is neutral until you give it meaning, you will be free to easily shift from belief to belief and live a fluid and flowing life that is in harmony with who you prefer to be. You can only get out of something the meaning that you give it, so if you define everything as positive, then you will experience everything as positive.

[Positive definitions](#) are oriented towards expansion, growth, inspiration and the freedom to choose other beliefs which flow smoothly from one to another. Only a few beliefs are needed and they are simply structured.

[Negative definitions](#) are oriented towards contraction and come with the idea that they can’t be changed, and if you try you will not survive; you will die. They exist in compartments separated from other beliefs in a well-defended honeycomb-like structure of beliefs made up of rationalization, justification, projection, paranoia, rejection and reward. Many beliefs are needed and are complexly structured.

Be clear that you can neutrally observe something without having to align with its frequency and experiencing it as your own. You are your own energy and are always free to choose what the reflections of physical reality mean to you. Life comes with no built-in meaning. You are the one who gives it its meaning.

You Are Always Motivated By What You Believe Will Bring You More Pleasure

You only have one motivation mechanism (emotional mechanism): You will always move towards what you believe will serve you and bring you more pleasure and away from what you believe will not serve you and bring you more pain.

This is important to understand, because it tells you that all you have to do in order to change something you do not prefer into something you do prefer is to find the definition that you have that is attached to what you say you do not prefer and change it so that you believe it does not serve you, then add a new definition that is in alignment with what you say you prefer and make sure it contains as part of that definition the knowledge that it will serve you and bring you pleasure above and beyond the belief you held onto before.

As soon as you believe that what you say you want will really serve you and bring you more pleasure than what you are experiencing now, then there will be nothing that will stop it from happening.

[Change is instantaneous](#). You do not need to “try.” All the trying and process is just the amount of time you believe you need before you are ready to actually change. Process itself does not bring about the change, it is just the time you need before you decide to make an instant change. You make the instant change by [shifting your belief](#).



Beliefs and Definitions

Beliefs Create Your Reality

Your beliefs and definitions create your reality. New beliefs are necessary to create new and different realities or experiences. Believing is seeing, not seeing is believing. [There is no reality except your definition of it.](#) Your reality is manifested from what you believe. You only experience what you believe you experience.

You cannot have an emotion without first having a belief and then a thought to trigger it. Beliefs, emotions, and behaviors are the triad that make up your personality structure. You literally are what they are, but it is your beliefs that generate your reality and so your beliefs are where all the work is needed if you want to change your reality. Everything flows through your “belief filters.” [What you put out is what you get back](#) and your strongest beliefs are what you are putting out, so you will have to [restructure your beliefs so they are harmonious](#) in order to experience a Harmonious Earth.



The point of incarnating is to expand your knowledge of who you are and the way to do that is to [bring your hidden definitions to light from your unconscious to your conscious](#). By utilizing the power to perceive, choose, act, experience, reflect, learn, grow, transcend, and forget... you move from being an apprentice, to an adept, to an alchemist.

You cannot experience what you are not the vibration of and what you vibrate comes from your strongest definitions. There is no reality aside from your definitions of it. What you put out you get back. To change your experience you have to change your definitions.

Believing Is Seeing

Believing is seeing, not seeing is believing. We know that our reality is manifested from our state of being and definitions, so when we align ourselves with the ideas of a unified holistic world, it must work. We are supported by our higher guidance, our extraterrestrial families, spiritual guides, angels, and Creation itself.

A regular [personal practice](#) aided by living in community provides the kind of supportive environment that is essential to transform fear-based beliefs into positive ones.



Transform Beliefs Instantly

To change from one belief to another you can simply stop believing the old belief and start believing the new one. This process is instantaneous and 100% complete the moment you make the shift. It can be that easy, if you believe it is. You are that flexible, but many people don't believe they are, so believing that change is easy and joyful would be a good belief to start with if you want to really accelerate your ability to transform.

As soon as you believe that what you say you want will really serve you and bring you more pleasure than what you are experiencing now, then there will be nothing that will stop it from happening. When you decide to change you will change instantly. All the trying in the world does not change anything. The processes and "trying" are just the amount of time you believe you need before you are ready to make an instant change, but you could change at any moment. [Process itself does not bring about the change.](#) This is not just a nice sounding philosophy; this is physics, because what you put out you get back.

Beliefs Swept Under The Rug Will Still Be Experienced

You do not get rid of beliefs, you transform them. If you try to get rid of a belief and push it away, not only will it not go away, it will persist and strengthen and you will have to create a compartment to hold it and keep it away from you. You still have the belief, but now you have put it away out of sight. You buried it in your subconscious. It is still operating with full power, only now you do not know how or where it is operating from and you think it is outside you in other people and circumstances. This is how a scary negative world is created.



To create a harmonious world you have to bring up all that has been buried in the unconscious and subconscious and transform the beliefs so they are neutralized and aligned with your preferences. If you allow the compartmentalization of negative beliefs to continue and grow they will become heavy and eventually the weight will be too much and collapse will occur in the form of stress, negative circumstances, and disease. An integrated approach of facing issues head on by identifying negative hidden beliefs when they come up in the form of negative emotions and not sweeping them under the rug is the way to true freedom from fear and the realization of full self-empowerment.

New Definitions Are Needed To Create a New World



Our civilization is moving towards living in a new connected and integrated way with one another. The collective definitions that

have created the experience of separation and segregation are falling away. Consciously establishing new definitions will accelerate the experience of living in a connected, integrated, positive way. This is the mission of Harmonious Earth, to present a clear set of definitions that we can use as a template for a new way of living that is more aligned with what we prefer.

The Key to Self Empowerment is Transforming Beliefs in Lack and Separation

The major issues we face as a society stem from the mistaken belief (definition) that we are disconnected from Source, that we are separate from each other, and are not part of one whole. This one core definition creates the experience of not being enough, being empty and lacking. It drives us in a multitude of different ways, including the desire to constantly accumulate possessions and to own and control people and things.

These things will may temporarily provide comfort and solace, but they will never fill the void until we change that cause, which is the core belief that we are separate, finite, and not whole. When we redefine ourselves as infinite beings, completely abundant, part of the whole, and know that joy already resides within us and is experienced by simply being who we naturally are in our own unique way, then we will experience a new world community based on love.

In order to experience the unity, integration and love we say we want we need to [transform our limiting definitions](#) into positive expansive ones and then live them in our everyday lives. It's not enough to talk about it and then go back to living in the same definitions, in the same houses, at the same jobs, eating the same food that makes us unhealthy. We will have a new experience when we adopt new definitions and live in connected ways, in community with each other, where we can influence each other in positive ways, like supporting each other in taking action on our true joy, eating healthily, being unconditionally loving, and sharing our resources.



The Surrender of Beliefs That Do Not Serve You

Define surrender as letting go of beliefs that do not serve you and that are not really yours. Surrender does not mean you give up or lose something that is a part of who you really are. It is actually the process of letting go what is not yours in the first place. You are more authentically you once you let go of what you now realize is not yours. You still do what is exciting to you, but you do it for a different reason. Rather than doing it to fill the hole or lack inside of you, you take action because it is your authentic joy and highest passion. You lose nothing and gain everything.



7 Steps To Transform Beliefs

The following seven step process is designed for those that are just getting started with changing beliefs and for those pesky fixed beliefs that may be difficult to change. As you shift and become more flexible you will not need as lengthy of process and be able to change in an instant, but until then these steps will help you become more proficient and educate you in what is involved with transforming beliefs.

1. Tell your story about a behavior you do not like, or an upsetting situation that has occurred, or an negative issue you are facing that you want to change. Repeating behaviors make great candidates because you can test your new beliefs, and see your progress.
 1. Write yours thoughts about it. Go into detail about the situation as you see it.
 2. Write how you felt. Ask questions from the list below to elicit emotions.
 3. Capture the exact words. Hidden beliefs are contained in the words “you” use and the way you phrase them. It is your definition of what the words means that is holds your beliefs. If possible record the story and transcribe it verbatim.
2. Extract all beliefs and definitions by going through your story.
 1. Ask this: What would I have to believe is true in order to have felt that way or thought that? or... What are my definitions/fears about acting on my highest joy that would make me hesitate to do so? Look for the ways that “not” having what you say you want has served you, because you are always motivated to go in the direction of what you believe will bring you the most pleasure and the



least pain. Doing this process will uncover the hidden beliefs.

2. Make a complete list of Beliefs. Beliefs are subjective and not factual, and lie beneath emotions and feelings. Beliefs are found in statements containing words like I am, should, wrong. Look beneath these words and you will find beliefs.

3. Group similar beliefs. Go through the list and group beliefs that are similar. Put a number one by the top belief and then go through the list and put number ones next to all beliefs that are similar. Put a number two by the next belief and go through the list and put number twos next to all beliefs that are similar. Repeat until every belief has a number by it.

4. Condense the list by restating them in a sentence or two capturing the essence of all the beliefs in that group. Don't go so far that you lose the meaning, but go far enough so that it is manageable. Reduce the list to less than seven if possible, but no more than ten. The brain works best with groups smaller than about seven. If you have more than ten then, break the group into additional groups.

5. This list represents what you believe to be true and it creates what you experience as your reality. Now that you know "how" what is happening in your life is occurring, you can change it.

3. Arrange an inspired setting to receive your new beliefs.

1. Find a location that is quiet conducive to inspiration, set aside a time when you will not be interrupted, and position your body in a way that is open to receive information. When you are waking up in the morning is a good time and place to visualize your new beliefs because your mind is fresh and clear.



2. Open yourself up to your higher guidance and ask for your spiritual guides assistance and that any unbalancing energies be transmuted into love.

3. Neutralize any egoic intentions and energetic charges and reach beyond the limitations you believe this life imposes on you.

4. Quiet yourself and lift your consciousness to areas of peace and harmony. Surround yourself with light and loving energy. Tap into your own infinite knowledge and wisdom and ask for assistance in replacing your existing list of beliefs with beliefs will serve your highest purpose.

5. When finished, thank yourself and your guides for the honor of their presence, the help with this process and time you get to share with them.

4. Create new beliefs to replace the existing beliefs from the list.

1. Read each old belief from your list and acknowledge how they have served you, but now needs to be changed for you to be your fullest. Write it out if you feel it would help. They are parts of you that you have rejected for a reason, find that reason. There is a lesson

hidden inside of them. Let go of your resistance, forgive yourself, bring back that wounded part of you, and create a new definition that mirrors the new you, who is loving and strong.

2. Make a list of new beliefs that you “do” prefer. Above each summary of your existing beliefs, write down your new beliefs. Compose new beliefs that are positive and innately aligned with who you know your highest and truest self to be. Reach into your well of higher knowing, rather than into what you have been taught to believe in this world. Come up with beliefs that would create the kind of reality you would like to experience. Have the open attitude of, “what else is possible?” Imagine who you would really like to be if you could design yourself just the way you choose. What would your beliefs be in order to experience your new world?

3. Ask this: What would I have to believe is true to feel positive in the same circumstance rather than the negative emotion I have been experiencing?

4. Use positive expressions that are expansive and unlimited when stating your new beliefs. Let the words flow. Be free, creative and uncensored. Write as much as you need to get your new belief to where you feel good about it.

5. Condense your new beliefs into a sentence or two capturing the essence of each belief.

6. Name each belief using one or two key words extrapolated from each belief. These titles are a convenient way to remind yourself of your new beliefs.

5. Create bridging statements to help remind you why your new belief is true in times when you might question it.

1. Create a list of statements that will bolster you when doubts arise. List the reasons



and evidence of how and why your New Beliefs are true. They are the bridge that gets you from the old belief to the new belief.

2. Get into the proper state of mind. Imagine you have already incorporated the new belief and you are explaining it to someone else. Remember, your old self does not believe your new belief is true and does not have the resources to make up these bridging statements.

3. For example: Old Belief: I'm stupid. New Belief: I'm intelligent and resourceful. Bridging Statements: I graduated high school. People come to me for advice on difficult matters. I can take care of myself. I know how to prepare my own taxes. I take part and hold my own in intelligent conversations. I got into college. I speak three languages. My memory is fantastic. I understand legal jargon, etc...

4. Be playful. Have fun. Lighten up. Don't take it so serious. To take the charge off the old belief, be silly and say it in baby talk or like you are a goof. Bridging is anything that helps you let go of your past limits.

6. Put into action. This is the important part. You want to Be your new beliefs. The most effective and efficient way to do this is.....

Practice. Here's how:

1. Apply your new beliefs immediately. Be, Act, and Speak your new beliefs. When situations occur where you used to behave your old way, apply your new belief and behave your new way.

2. Imagine yourself going through the same scenario and see yourself responding differently with the new beliefs. See yourself implementing your new beliefs and hear the phrases you will use when you state them. Listening to yourself as you speak and catch yourself if you start telling your old story and turn it around to the story of the new you.

3. Make a list of your reminder key words that represent your beliefs and write them on a card or sticky note. Post your reminder lists in several areas around the house, car, locker, wallet, etc., and anywhere you will see them on a regular basis.

4. Recite your new beliefs every day, multiple times. If you practice everyday, it usually takes about 30 to 90 days for the new belief to become solid. Read your full list of new beliefs & bridging statements out loud morning and night. Say them into a mirror. It's important to verbalize them and get them out of your body and into the physical world where you can hear them and see them and experience them.

5. Share your new beliefs with others as you feel comfortable and inspired to. Ask for support when you need it from those who love you.

7. Revise as necessary. Go back and make adjustments to your new beliefs



as often as needed to remain excited about them.

1. Revise your new beliefs and add more supportive bridging statements as needed. This is important because you will actually notice yourself growing and changing and not relating to some of the original statements as you begin to embody the new you.

2. Combine any new beliefs that have morphed and evolved into the same belief.

3. If issues come up with your new beliefs, go back in and get more refined, more precise and use your imagination to find if there is a core belief underlying the belief you think is causing the behavior. Is there something under that, that is making me believe that, that if it didn't exist, the other belief wouldn't exist. Stay with it. It is all working out perfectly.

Enjoy your new life! Congratulations! You're doing it!

Section 4

Plan For Shifting to a Harmonious Earth

How We Shift to a Harmonious Earth

Create A New Network Inside of the Existing Network

The plan is to shift to a Harmonious Earth by creating a new unified network of people, communities, and industries, around the world with the same common values of living in harmony with each other, with nature, sharing all Earth's resources, doing what is in the best interest of society as a whole and each individual's highest joy. The new network will work along side of the old network and expand to include a larger and larger network, until the old network collapses and new network takes its place.



Creating a New System Rather Than Fixing the Old One

The new network is based on new ideas and systems that are representative of harmonious values such as the new economic and governing ideas found on this



Harmonious Earth website. For a while the new system will function inside of the existing system like a world inside of the world, or a network inside of the network. It will continue alongside the old system until it fails and the new system replaces it. It is not about changing the old system, because you cannot solve a problem from the same energy that it was created. You create by matching that frequency of what you want, not by focusing on the problems of what you do not want. [What you put out you get back.](#)

Shifting to the Reality You Prefer by Matching the Frequency of That Reality

To manifest a Harmonious Earth you use same technique you would use for manifesting anything... ["You simply shift to the reality you prefer by matching the frequency of that reality."](#)

This idea of not fixing the old system and just focusing on a new system is set in the context of a world collective, but it also is applicable in a personal context. It is

personally knowing what you prefer and only focusing on that without looking around at all the things you don't prefer. Sure, you may be able to still observe some of the same old reflections, but you do it without judgement, with neutral energy, and without becoming the frequency of that energy.

As a society, we have often used the strategy of learning what we do prefer by experiencing what we don't prefer. This is a valid way to learn, but we can be more efficient by simply choosing what we do prefer in the first place without having to experience all the things we don't prefer. We are just now becoming conscious of our ability to do this. We are realizing we no longer need to be victims and we can actually choose to experience only what we prefer without all of the baggage that used to come with it.



We are not saying to throw the baby out with the bathwater. Of course the preferences that work from our old system will naturally be built into the new system. The point is to not get bogged down in focusing on the problem with endless debates attempting to accommodate every special interest. That is what created the need to fix the system in the first place. Focus on the solution. Focus on the kind of Earth we wish to live in.

You cannot perceive what you are not the frequency of, so you must become the frequency of what you prefer first and then you will be able to perceive the necessary solutions and experience that reality. If you focus on fixing the old system you will continue to experience it, because you are functioning on the same frequency that created the old system. As Einstein said, *"You cannot solve a problem from the same consciousness that created it. You must learn to see the world anew."*

This is a tricky one for humans because we have been taught to believe that everything is outside of us and that we fix things by focusing on them "out there," but that is not the case. You must drop the old belief of struggling against the illusion, believing that something is out there, and giving it [power](#) and learn the way the laws of existence truly operate in regards to [manifestation](#) and utilize the power of knowing that the [illusion is inside of you](#) and that to experience your preferred reality you shift to that energetic frequency and then you will see that reflection "out there" in the mirror of physical reality.

You must smile first to see a smile reflected back to you in a mirror. Physical reality is a mirror. It is just a reflection of what you put out. If you don't prefer the movie that's playing, you don't run up onto the stage and attempt to "fix" the movie on the screen, you go back to the projector room and change the the movie.

Approach the shift to a Harmonious Earth as though it is a game and to win the game you need to use the techniques of a martial artist. Martial artists are taught to not to

resist, but to match and utilize the energy of their opponent, so that with the lightest touch they can move their opponent into the position they prefer. In the game of shifting from the old system of competition to the new system of harmony flow with the energy that is coming at you and do not resist it. Allow it to take itself out. It will collapse under its weight and force. Focus on balancing yourself and having everything in place for your own sustenance.

Take Advantage of This Unique Window of Opportunity To Shift To 4th Density

You are not just a person, you are your own complete reality and make up everything in it. You are [constantly shifting](#) through infinite different parallel realities and by increasing your



frequency those shifts are experienced as ascension and expansion. The people that appear to surround you are your own made up versions of what you believe them to be. This does not mean that there are not other beings. There are other beings and they are making up their own realities just same as you are. Everyone is their own holographic universe, an aspect of All That Is taking their own unique perspective.

The reason you have a common experience with other beings is because you are agreeing with them to have a common experience. If you or they shift beyond the reality you have both agreed to, then you will no longer experience them. You cannot experience what you are not the vibration of.

When you shift to a new reality, only the beings that have versions that fit into your new reality will be there. They will not be there if they are [not the frequency](#) of the new reality you have shifted to. It is important to understand this because as you uplift and enlighten yourself you will need to let go of ideas that limit you, like all your family and friends needing to ascend with you. Everyone is free to choose their own path and if you truly [unconditionally love them and yourself](#), you will allow them to choose their path and you to choose yours, even though theirs may be different than yours. It is essential to let go of the idea that everyone that was in your reality before will be in your new reality.

Not only will certain people not be in your reality, but numerous other things that do not have representations in your new realities will no longer be either, because they are not commensurate with the vibration of those realities.

Some examples of [things that will change](#) and may even cease to exist are certain physical objects, circumstances, histories, governments, economies, certain principles

of physics, scientific understandings, limiting behaviors such as blame, complaining, and justification, and any number of other ideas that only fit in a denser 3rd density reality and not in a higher frequency 4th density (5th dimension) reality.

Being flexible, malleable, and flowing are qualities of those riding the ascension wave. If you [insist on holding on to things from the past](#) that not in alignment with the higher frequencies you are shifting to, you will not be able to exist in those frequencies. You will be limited to the frequency of those things and beliefs that you are holding on to and not be able to expand beyond the perspective that goes with them. You will not be able to exist in higher frequency dimensions, and interact with higher dimensional beings like ET's.



The ascension agenda of Earth's collective consciousness [transitioning from 3rd to 4th density](#) is accelerating. The opportunity to catch this wave and ride it has been available for the last several years. The leading edge of the wave has passed and many have chosen in and are riding the wave and many are not. Realities have split and the distance between them is widening. As the wave progresses it will become increasingly more difficult to move between them. There are those that will never jump in and those that are doing their work, but holding out until the last moment to go all in.

Those that are holding onto positions back in the wake, further down the line, will soon be so vibrationally different that they will not even be able to perceive that there is, or ever was, an opportunity

to ascend and interact in higher dimensional ways with higher dimensional beings. It just won't occur to them.

Higher dimensional Extraterrestrial beings have an agreement with our collective consciousness to ride the wave with us and assist in our ascension. They are also ascending and the window of opportunity to interact with them will close for those that did not choose to catch the wave as it came by. The idea of interacting with higher dimensional beings and all such information will have disappeared from their reality. It is still there, but they will not perceive it.

It is all your choice. No one else has any power to control this but you. You are choosing your path. No one is getting left behind. You are always invited to ride the wave, but that means you must change, because the you that you have been cannot exist where you are ascending to. Harmonious Earth reflects the nature of the changes you need to make to ride the wave. You may perceive that some of necessary changes are uncomfortable and challenging, but the reality you are shifting to is very different and requires a complete letting go of what is not aligned with that vibration. The pace of letting go of lower frequency beliefs and behaviors will increase as you go along, but you will get better and better at letting go and will not be taken beyond what you are

able to do. As you awaken you learn new ways of behaving, new definitions of what you are, and what the universe is and this knowing will allow you to handle everything that is put before you on your journey.

The physical mind with its own rationale may say that I want it this way or that way, but that may not be conducive to riding the wave, letting go of what you need to, and behaving in the new ways you need to. In its insistence to be in charge the physical mind will remain where it is and it will receive the consequences of that vibrational frequency.

You can always choose at anytime to ascend, but it will be in a different way, because you will not have available to you the same opportunities that are open for this length of time with this extraterrestrial assistance in this particular way. This is a unique window of opportunity in the collective consciousness of Earth. Take advantage of it. Come with us and experience the joy of being your whole self with your physical self and higher self connected as one. It is always in your best interest to do so.

Following Our Excitement Shows Us the Path

The means to grow [the network](#), acquire the properties, build the structures, and procure the necessary goods and services come in the same way this whole idea has come, and everything comes, through our higher selves synchronistically guiding us to them. The way our higher selves guide us is by what is exciting to each of us. Excitement is the path the higher self lays out for us to follow. Our imagination is the conduit the higher self uses to give us the ideas.



Our higher self sees the big picture and “conceives” how it is going to happen. Our physical self only “perceives” what is happening and has no ability to conceive how anything happens. By transferring control of our lives from the physical self to the higher self we are completely abundant and have what we need when we need it.

The people and circumstances necessary to make this plan physically happen are in place and we will be synchronistically led to them in perfect timing. Life works! It’s a matter of allowing it to work naturally by getting our limiting beliefs out of the way and following our higher self which guides us through our imagination and excitement.

We have been led by our excitement to how a Harmonious Earth will function, to the exact locations of the first group of properties, and will continue to be led to what needs to happen next. The people who will populate the communities are doing their [personal work](#) and are ready with the necessary high vibration to live in the communities.

Using Bubble Realities to Expand

Each individual is a bubble reality and [agreements between individuals](#) create different bubble realities that include the definitions of all the individuals experiencing that



particular bubble. When we create new bubble realities, only the people that belong there will be there by definition.

We burst the bubble, so to speak, by expanding the bubble to include every single being in our civilization. And then when we burst that bubble it will include all the beings we interact with throughout the idea of our galaxy. The bubbles are constantly bursting to expand us individually and collectively to new bubbles.

We are creating a new bubble reality. The network we are talking about is a bubble that will burst to include a larger network, and a larger network, and a larger network until it includes the whole world in a parallel reality that is representative of a Harmonious Earth.

A Harmonious Earth is the physicalization of the new race that we are becoming. We are the seeds of this new reality and another seeding will occur when our extraterrestrial family joins us and become yet again something different in order to truly be the race we truly are.

Only a Small Number of Positive People Is Needed to Change the World

As a planet, we have crossed the threshold from being slightly more negative to being slightly more positive, so that now more things are possible more quickly, in a more expansive way.



It doesn't take as many [positively oriented people](#) to outweigh all the negatively oriented ones. It only actually takes about one hundred and forty-four thousand [144,000] individuals operating at a frequency rate of about one hundred and eighty thousand [180,000] cycles per second on average to outweigh the other six billion people on the planet in terms of negative energy (now that there are seven billion on the planet the number is slightly higher) because positive energy is integrative, geometrically expansive and accelerative; whereas negative energy is segregative, disconnected and discordant, and spirals downward into compartmentalization and isolation. If you divide 6,000,000,000 by 144,000 you get 0.0024% or 1 in 41,667.

As of 2010 the population of southern California and Nevada from the border of Mexico to Santa Barbara and east to and including Las Vegas was 24,361,642, which is 8% percent of U.S. population. Based on this idea, it only takes 584 positively oriented people to actually outweigh all the negatively oriented people in that area.

The [first communities we have planned near there](#) will have at least that number and more. As we continue to expand the network, the positive energy will expand until it includes the whole world in a reality that is representative of a Harmonious earth.

By working together we can accomplish far more than working individually. Imagine a hundred people showing up when we need to construct a new dwelling, plant the

garden, send out an email blast, or gather the resources for a new community. How much could we accomplish if we join together and utilize all our talent and energy? Great things can be accomplished very quickly when we all work together to make it happen.

A Network of Communities Around The Earth

Communities Around the Entire Earth



"We are buying the Earth, so we can give it back to the Earth."

Harmonious Earth is a network of communities that live in a new awakened, harmonious and joyous way. The communities are spread out in a network around the Earth so the high vibrational energy reaches the whole planet and can be expanded more and more until the whole Earth is at a high vibration. The variety of locations will also provide diversity, growth,

integration, and enjoyment as people synchronistically shift between different locations to share their gifts with others.

Properties are acquired in a fashion that allows them to be free and clear from any financial liens, so they are free from outside control, can't be taken away, and can be used as sanctuaries for the Harmonious Earth communities.



We are buying the Earth, so we can give it back to the Earth. The land has always belonged to the Earth and we are just realizing it now and putting it back in its rightful place. While we are transitioning from individual ownership to everything belonging to all, the entire community will "own" the communities.

Initial Community Locations

The locations for the communities are all around the entire Earth. The first five locations serve as an excellent representation of what the entire world network will be. The Earth has Chakra points just like the human body and the locations of the communities are on [major chakra and vortex points](#); they are



isolated enough to maintain the necessary pristine energy yet close enough to influence major population centers. They are all high-energy locations and will aid in increasing the vibration of the people living there and act as dimensional gates for shifting to more expanded realities.

Criteria for Choosing Locations

The communities are located near Earth's high vibrational chakras, vortices and sacred sites. Placing them in these strategic locations takes advantage of the Earth's natural grid of energetic flow and magnification to amplify and pulse out the energy of the communities to the surrounding areas. These locations also aid in raising the vibration of the communities themselves.



The communities are situated in isolated pristine locations that allow them to maintain a high vibration and live in a harmonious way, away from the more densely solidified energy fields of the cities. This new world is very different from the existing one and requires the most pristine environments available, places that are in their most natural state, near Earth's natural high energy points, and have had as little effect from mankind as possible.

Pristine Environment



The Harmonious Earth communities are pristine environments with their impeccable energetic flow operating at very high frequencies. They are like a high performance engine, where even one small grain of sand will seize up the entire mechanism. For this reason we have chosen more isolated locations away from the dense energy fields of the cities and have been clear with The Harmonious Earth definitions.

A “pristine” physical, spiritual, emotional, mental and social environment is of utmost importance to support the telepathic and sensitive light beings that make up the Harmonious Earth communities. Telepathy is the combination of telepathy and empathy. Even small forms of negativity and unresolved limiting definitions will be noticeable and will have an impact.

Sustainable Communities - Designed Using Sacred Geometry

Community Layout and Structures Designed Using Sacred Geometry

Using sacred geometry to layout the communities enhances the connection to Earth, Spirit, and creates a joyous uplifting environment. Physical structures are formed to reflect energetic structures. In the past we wanted to experience our individuality and so we built separate houses and lived separate lives. Now we want to come back together in community while at the same time maintaining the benefits of our individuality and so we need physical structures to reflect and accommodate that. By coming from a solid energetic structure of positive harmonious philosophies, we can build physical structures that are conducive to a harmonious experience that supports both the idea of individuality and community.



Structures Built As Green and Sustainable As Possible

Only the structures that are necessary will be constructed in as efficient, green, sustainable, harmonious with nature, and as low an impact on the Earth as possible. The structures will accommodate higher conscious philosophical lifestyles that are in harmony with low impact living. The habitat will be restored to its original state in as many ways as possible.



The design of each community will be in harmony with the natural environment of its particular location. This will make each community unique with its own flavor. They will be constructed with natural materials and nature will be used as a design element as much as possible. They will be “green” and environmentally friendly, create as small an environmental footprint as possible, utilize all the latest technologies for energy efficiency, and recycle everything possible, including waste and water.

Living Accommodations Are Laid Out To Promote Connection With Other Community Members, Nature, and Individual Privacy



The community centers are designed with main central areas for preparing food and dining in a communal way. Adjacent to that are large community areas for socializing, entertainment, and other activities. It is a lot like the way a hotel is designed with main central areas and private rooms.

Surrounding the community centers are the private quarters. Everyone will have his or her own private space. All private quarters are equipped with beds and all necessary furnishings, mini kitchenettes for simple food preparation, private bathrooms, and everything you need so you can move between communities with just a suitcase. The rooms are as natural and sound proof as possible and designed utilizing a variety of styles and colors, Sacred Geometry, Feng Shui and other high vibrational techniques.

Most of what is needed to sustain the community is produced at the community, so there will be little need to leave except for personal preference.

The latest technologies that are in harmony with nature are utilized and expanded on with our own creativity so as to make life joyous. We are not contracting and just surviving, we expanding, getting lighter, and less dense. We are harmonizing with nature rather than going against it. We take advantage of every modern convenience that is available while always remembering that nature already provides everything we need.

The communities will consist of groups of about 100 people. Depending on size and zoning, some communities will have just one group of about 100 people and others may have several groups with several hundred people.



Section 5

Get Involved

Many Ways to Get Involved

Exciting Times



We are very excited to be involved in this exciting time of world transformation where everyone is choosing what kind of an Earth they are going to experience. If you are reading this it is probable that you are choosing to shift to an Earth of unification and harmony. We at have created a [template](#) for the kind of world we are excited to live in and a [plan](#) and a [tool kit](#) to make it happen. We'd love to join with you and share our creations with yours!

"We welcome you! Join us and play in our sandbox with a new set of toys."

Sedona Arizona Community

We (Kirk, Bridget and [The Team](#)) are now living the Harmonious Earth values, to the best of our ability, in community in [Sedona Arizona](#), which is the headquarters for Harmonious Earth. Sites such as [Maui Hawaii](#), [Glastonbury England](#) and others are slated as the next communities to be established and will happen as more and more people join us and are inspired to create them.



Being Ready To Physically Join Us Now

If you are ready to jump in now and come join us in Sedona you are welcome. You will need to have read through the entire Harmonious Earth website, understand it, resonate with it, and agree with the common values. You don't have to be living all the values now. The main thing is that you are "willing" and excited to do your best to live them.

Harmonious Earth common values are 4th density values and very different from the 3rd density value lived in mainstream society. We understand that it will take some time to transition. Shift at your own rate and do what is comfortable for you. It will all happen

in perfect timing.

You will need to have done much of your personal work, let go of much of your old limited programming, and be living your joy as much as possible. Doing your personal work means the you have at least begun to get a hold of the idea that you are the reality that you used to believe you existed in and that you know you are the Source of your power and that it does not come from outside of you.

Joining Harmonious Earth Energetically

If you are excited by these ideas and have a sincere desire and determination to live [The Harmonious Earth Common Values](#) and definitions, you have already joined us energetically. Being a part of Harmonious Earth is a matter of being in alignment with its definitions; that's what creates a collective reality and that's what we are doing, creating a new collective reality.



It is all about [frequency](#) and being tuned into the same channel as the group. The unification of the group is not about everyone being the same, but [everyone expressing their individuality in unity](#) which creates a beautiful symphony. It's a perfect balance of unification and individuality.

One of the Harmonious Earth core values is that [you get back what you put out](#), so if your definitions are in alignment with the philosophies of Harmonious Earth, then you are vibrating at the same frequency and are automatically a part of it. It is as simple as that. You have shifted yourself to that reality by defining yourself in the same way others of a Harmonious Earth have defined themselves and are now having that collective experience. You have joined the [Harmonious Earth bubble reality](#) simply by choosing to.

"We take care of each other and take care of the Earth because we are all family, we are all connected, and what we put out we get back."

You become a part of the Harmonious Earth family when your energetic frequency is in alignment with the other individuals of the group and the group's common values.

Steps You Can Take Now in Your Personal Life

- [Follow your excitement](#)... to the best of your ability in every moment, without expectation, until you can take it no further and then repeat. This is the number one thing to do! It will show you very quickly who you really are and expose

behaviors that are not you.

- [Lighten up. Let go of what does not serve you.](#) That includes physical possessions, habits, jobs and relationships. We are becoming very mobile and there won't be any room for excess baggage where we are going. Learn to do more with less and then you will be able to do less and get more.
- [Utilize a personal practice.](#) Expose yourself to only positive, expansive, uplifting thoughts and media. Catch and eliminate all negative thoughts, behaviors, TV, music. Be impeccable about this and do it every moment. Only talk about what you want to experience. Turn off mainstream TV and listen to consciousness expanding media like: [Bashar](#), [Echart Tolle](#), [Abraham Hicks](#), in your car and on your headset when you're moving about in your day and read books by authors like: [Neale Donald Walsch](#), and my books [Kirk Nielsen](#).
- [Live as a Harmonious Earth now.](#) Learn the concepts, live them, practice them, write them, teach them, breath them until it is your first nature. Behave as if you are already the person you want to be. Live the life you are in as though it is a Harmonious Earth community.

"You will never change the earth you are on right now or anyone on it. By changing, you will actually shift to a parallel reality that is more representative of the vibration you prefer." by: Bashar

Steps You Can Take to Be A Part of Harmonious Earth

- <http://harmoniouseth.org/change/> and read it.
- Sign up, so we can connect and get to know you. Send an [email](#) for now until we get the signup form up.
- Be getting yourself ready to physically move into one of the communities. Take action on the steps above. It can be a lot of work and take some time to transform yourself, so it's best to get started now so you'll be ready when the communities are ready.
- Donate money. You can let us know what you want it used for. For example: to purchase properties, buy a greenhouse, use to cover our expenses as we get the network going, etc.
- Donate houses, cars, gas, food, airfare. We can use it all.
- Donate your [business](#), so that it becomes a part of Harmonious Earth.
- Donate your skills/time. Be part of the team from where you are at. Let us know what you're excited about doing in building the network. It is a collaborative endeavor and we want everyone to participate and contribute.

It is Your Choice

You are always free to choose what you believe will bring you the highest joy. Nothing happens to you, it happens "through" you. It's important to understand that it's all taking place inside your consciousness. There is nothing out there; it is all inside of you. This means that if you want to experience a Harmonious Earth, all you need to do is shift yourself to that harmonious frequency. Those of us who are also choosing to experience a Harmonious Earth are doing our best to place ourselves at that frequency and are excited to join you on the journey.

Synchronicity functions perfectly and attracts those who are vibrationally aligned and repels those who aren't. Being willing to express more of your true nature, your oneness, and share your gifts are the [qualities of the individuals](#) who will be drawn to [Harmonious Earth](#). Those who don't resonate with it will not be able to find it, it just won't be visible to them, they won't even think of it. You cannot experience what you are not the vibration of.

It Is Never Too Late To Start

You can change in one instant, so do not think it is too late because others may seem to be further ahead or have done more personal work. Everyone is expanding and has limiting beliefs that need to be transformed and integrated. Anyone who has a sincere desire and the determination to live harmoniously is joining at the perfect time...now! Living harmoniously is something that you do at all times with the people you are around in your daily life, including roommates, the bank teller, your server, the store clerk, the dog and the cat.

Qualities of Individuals of a Harmonious Earth

[Qualities of Individuals of a Harmonious Earth](#). The [vibration of a Harmonious Earth](#) is one of joy, excitement, unconditional love, full expression, living together in holistic unity and [sharing each person's unique gifts](#). You are just as excited for others to follow their excitement as you are about following yours.



Your excitement leads you very specifically to the next thing you need to take action on. It's a complete adventure! Like Alice following the rabbit down the hole. You never know what is going to happen next, but it always makes sense when you look back at where you have come from. Things get done very quickly. Not as many steps are needed and time is flexible and malleable.

You realize that you support our reality, it does not support you, it has no power to support you. You are supported by our excitement and synchronicity rather than looking to the things you do to support you.

Taking part means you are excited to detach from [limiting definitions](#) that do not serve you, to love unconditionally and to live life as guided by your higher self. You are excited to let go of not being enough, filling the lack inside you with things outside of you, living in fear, and being under the illusion of [polarity](#).

The Four D's - Desire (Willingness, Openness, Passion) to be the most you that you can be. Definitions (Beliefs that do not serve you) of limitation replaced with empowering definitions. Dedication (Determination, Conviction) to be the most you that

you can be. Detachment (Let go, Shift, Transform) from limiting definitions. An easy way to remember the four D's is to say, "I desire to define my dedication to detach."

Donations

There are many ways to Donate. Everyone has something different to offer. Donate what you have, whether it's money, time, talent or resources. Just a [small number of unified people](#) who are living harmoniously will change the entire world. Whatever you do that moves you and everyone else closer to a Harmonious Earth is your donation. Everything helps. It is all useful. Click here to see [more about donations](#) and [other forms of donations](#). Click here to [donate money now](#).



[Click here to donate money!](#)

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"It is going to take all of us unifying and working together to create the harmonious communities and industries that will eventually become the Harmonious Earth."

What Does it Mean to Donate... Who Are You Donating To?

What does it mean to donate? Who are you donating to? When you truly understand that "The One is the All and the All are the One," you understand that you are really donating to yourself. There isn't an "other" to donate to. When you hold back your donation you are holding back from giving to yourself. You are your Earth. Give everything to it and it will give everything to you.

How much do you want to experience a Harmonious Earth and to what extent are you willing to go? The more excited you become about experiencing yourself as a Harmonious Earth the more you want to donate. Some of us have gone all in and donated everything and some have just offered a kind word of support. It's all perfect. We are all on our own journey and doing our best. Donate what you can and keep [following your excitement](#) to the best of your ability with no expectation and you will get where you need to go.

Bridging from the Old System to the New System

We are moving away from using the symbol of money as value to valuing people and their talents, but we're not there yet, and in the meantime we need money for some things. Those that are still part of the existing monetary system can help by financing

those who have left it. You don't need to let go of everything all at once. Go at a pace you are comfortable with and do what you are moved to do. We need people involved at every level. Everything helps.

Donate Energetically

In order to experience a Harmonious Earth it is essential to be in the proper energetic state of harmony. Ways you can energetically donate:

1. Donate harmony...wherever you are, in everything you think, say, and do. Be the vibration of a Harmonious Earth. It will be your greatest donation.
2. Live your life, in every way you are inspired, in a way that contributes most to creating a Harmonious Earth.
3. Believe that the Earth is already harmonious and abundant. Believe that the Earth and everyone on it has what it needs to have when it needs to have it. Find harmony where you might have seen disharmony before. Remember, believing is seeing, not seeing is believing.

Donate Physically

It is essential for us to take individual physical action on our excitement to create a Harmonious Earth in order to ground that energy in physical reality. For those of us that have started down that path, we have realized it is not only going to take everything we own, but everything we think we are to shift ourselves to a reality that is reflective of the Harmonious Earth we prefer. It's like the caterpillar and the butterfly, it takes all that the caterpillar was to [become the butterfly](#). Here are a few ways you can physical donate:

1. Donate all or part of your land, business, your house, your car, food, gas, computer skills, service, talents, and anything else you can imagine.
2. Donate your time and energy.
3. Your ability to gather people together. Connect us with people you know who have large amounts of cash that may be willing to donate.

Donate Money

Donate what you can. It is all is very helpful. \$5, \$10, \$20, \$100, \$1000, \$100,000, \$1,000,000, \$1,000,000,000. If we can spend billions on war, why not spend billions on harmony? It's just a shift in perspective; a change in belief systems. Let's do it! Let's unify and spend billions of dollars to create a Harmonious Earth!

What will the money be used for?

All of the money donated goes towards creating [the new network of communities](#) and industries. Specifically it goes towards buying the land, building housing structures and industrial structures necessary to be [self sufficient](#). The money will be used for the

expansion of the [network](#) of communities and businesses around the world that operates independently from the existing infrastructure and eventually replace them.

Contact Information

Thank you for co-creating a Harmonious Earth. Feel free to contact Kirk or any of us at Harmonious Earth.

[Kirk Nielsen](#)

kirk@kirknielsen.com

310-633-1777

[HarmoniousEarth.org Website](#)

[Harmonious Earth Facebook Page](#)

[Harmonious Earth Facebook Group](#)

[Harmonious Earth on Google+](#)

